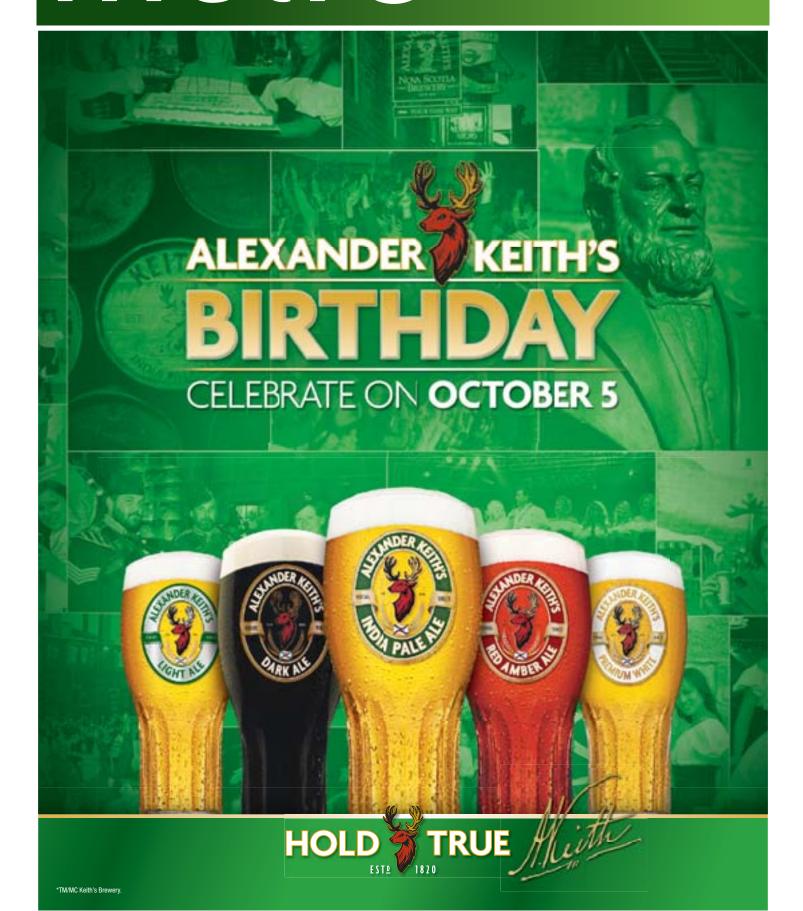
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Weekend, October 1-3, 2010 www.metronews.ca









THE SWEET SOUNDS OF STEVE SMITH 'RED GREEN' JOINS THE SYMPHONY (page 18)

DOPING? CHAMPION TRIES TO EXPLAIN (page 41)



MORE NEEDED FROM VETS: HERD COACH **OLDEST PLAYERS** FIGHTING SLUMP (page 40)



Weekend, October 1-3, 2010 www.metronews.ca



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Drowning in Debt? Reach Out!



Police probing Dartmouth attack

• Police have yet to speak with victim of Wednesday's shooting • Two men in a dark SUV with silver rims seen leaving the scene OPolice still seeking further info



Investigators combed the scene Thursday where a man was shot in Dartmouth

Police say they do not believe the incident was a random act. The victim, a 33year-old man, remains in hospital. His injuries were initially described as serious, but police had no updates on his con-

police at 10:20 p.m. on Wednesday. The man was found bleeding on a pathway near Hastings Drive and Regency Drive.

ing the area, with a male driver and male passenger. The vehicle was described as a black SUV, with silver rims.

Forensic identification unit and investigators canvassed the scene and spoke with potential witnesses Thursday. ALLISON SAUNDERS

Atlantic Salmon (Utility Grade)

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Metro Movies

Get ready for the weekend

First comes hate, then comes a baby? • Metro talks to John Malkovich about, well, being John Malkovich • Film reviews, showtimes and more {pages 19-25}

Metro's Pink Issue

Cutting-edge treatment and research, plus tales of courage and hope {pages 8, 36-39}



Minister eyes red light ruling

Landry to follow federal appeal in prostitution case {page 3}

Trade centre plans coming

Proposal, funding needs will be unveiled next week {page 5}

A number of shots were reported to Wednesday night.

A suspicious vehicle was observed leav-

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Sorting out the trash

They examined the garbage collected from 10 new sorters — which use solar power to compact trash and automatically send an email to staff when they are full. The sorters were recently placed along the Halifax waterfront in a pilot project. They're looking into how much of the garbage was sorted correctly.

Minister eyes red light ruling

Landry looks to appeal decision in prostitution decriminalization case



Justice Minister Ross Landry said he will be paying close attention to the federal government's appeal of an Ontario court decision that decriminalizes some acts connected to prostitution

LASIK MD

"The safety of all citizens is critical and vital to me in the role that I play."

JUSTICE MINISTER ROSS LANDRY

ing and observing the decisions of the appeal court," Landry said Thursday, adding he still wants to follow up on the Ontario Superior Court's original decision. Judge Susan Himel ruled Tuesday in favour of a constitutional

challenge that argued laws against keeping bawdy houses, communicating for the purpose of prostitution, and living on the avails of the trade force sex workers onto the street, where there is an increased chance of vio-

lence. Federal Justice Minister Rob Nicholson has since said the government will appeal the ruling.

will appeal the ruling.
Landry said he thinks
the discussion around
prostitution laws is an important one.

"I think it's a good issue to be reflecting on and discussing," he said. "(There are) stakeholders that are involved."

Driver's wife killed in crash

In the front page story "Time has come" in Thursday's paper, it was incorrectly reported the driver of the van was killed in the 2008 crash. In fact, the driver's wife, a passenger in the van, was killed. Metro regrets the error. © METRO HALIFAX

Officers hurt after Dartmouth melee

Two Halifax Regional Police officers were injured after an altercation in Dartmouth Wednesday night.

Police responded to a disturbance call on Dundas Street, which resulted in a lengthy struggle with an irate male who refused to comply.

A male and female officer both suffered non-lifethreatening injuries.

The female officer was treated in hospital and released.

Mark Steven
MacDonald, 31, was scheduled to appear in court
Thursday facing charges that included resisting arrest and two counts of assaulting an officer.

METRO HALIFAX

Teen busted in fight

HAUFAX: 1801 Hollis Street, Suite 400

One teenager was taken to hospital and another one was arrested after a fight at Hant Rural high school yesterday. A 14-year-old student passed out briefly as a result of the fight and was taken to the Colchester Regional Hospital. RCMP officers arrested a 15-year-old.





News on the move

- Download the free ScanLife application with your smartphone at 2dscan.com
- 2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro
- The codes will direct your mobile browser to relevant content at m.metronews.ca

On the web at metronews.ca

Backbeat handicaps the 2010 short list for the Rock and Roll Hall of Fame. More at metronews.ca/ backbeat



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2010 Olympic I



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Mayor reaches out to business community

• Kelly delivers 'state of the municipality' address Speech hits on environment, transportation, taxes



Mayor Peter Kelly used the occasion of his "state of the municipality" address on Thursday to issue a call to action for the city's business community.

"Make no mistake, we hear the bugle call to action loud and clear," he "The question is do you?"

Kelly was speaking at a luncheon of politicians, bureaucrats, and business leaders hosted by the Hal-

authoritv

improvements to Metro Transit's service, Kelly

While discussing

launched into a

renewed call for a

regional integrated

transportation authori-

Kelly said city staff

Value of construction projects in HRM over the next five years, as estimated by Mayor Kellv.

ifax Chamber of Commerce.

In response to a question about whether or not tax reform will once again be put on council's agenda, Kelly said everybody

wants to pay less, while demanding more invest-

ment and spending.
"We have heard many times from residents who want to pay less, from commercial (businesses) who want to pay less, but at the same time are wanting more," Kelly said.

"Well, you can't have it both ways, folks. It's either one or the other, or a balance.'



What do you think? halifaxletters@ metronews.ca

REGIONAL INTEGRATION have been talking with the province about re-**Crystal** opening discussions on a regional authority, funded by allocating clear on money from provincial

gas tax revenues. "(A regional authority) would be responsible for all aspects of roads, bridges and transit," he said.

"Let's not have many people looking many ways at many items. Let's bring it together and have it focused on transportation. Period." ALEX BOUTILIER

Openness stands out in speech

The overall message of Kelly's speech seemed to be one of openness — that HRM is open for business and open for input from the business community.

He referenced several environmental, social and economic milestones of the past decade, while looking forward to projects like the four-pad arena in Bedford and the new public library on Queen Street.

ALEX BOUTILIER

News in brief

Verdict looms in case of woman who shot husband

court. A Pennsylvania woman who says she fatally shot her husband because she mistook him for a bear on a hunting trip four years ago was scheduled to learn her fate on Friday in the Supreme Court of Newfoundland and Labrador.

Mary Beth Harshbarger was tried by judge alone in Grand Falls-Windsor on a single count of criminal negligence causing death.

Crown lawyer Karen
O'Reilly argued that
Harshbarger, an
experienced hunter,
showed disregard for
safety when she fired her
rifle at her 42-year-old
husband, Mark. The
defence portrayed the
killing as an accident.
THE CANADIAN PRESS

Clearcutting permits may be ruled out

FORESTRY. Nova Scotia's natural resources minister says the province may not require permits for clearcutting when it releases new regulations for its forest management strategy later this year.

John MacDonell says it appears the cost of administering and enforcement of a permit program may be too high with the province in belttightening mode.

THE CANADIAN PRESS

Attempted theft at store

GLENHOLME. No one was hurt during an attempted armed robbery Wednesday night at the Glenholme General Store, police said Thursday. The incident occurred when two masked men entered the store as the employee prepared to close for the evening. TRUND DAILY NEWS

Trade centre plans being made public

▶ Province will release Rank proposal, possibly shadow bid next week: Dexter ▶ Staff must have a chance to review proposal, come up with funding options before issue comes before council: Kelly

The provincial government will release Rank Inc.'s proposal for a new downtown trade centre early next week, Premier Darrell Dexter told reporters Thursday.

The release of the proposal will finally confirm the amount of public funding being requested by the developer for the proposed 1.4-million-square-foot building.

It was revealed this week by NDP MLA Howard Epstein that the public would be on the hook for \$160 million — although Dexter and Infrastructure Renewal Minister Bill Estabrooks repeatedly refused to confirm the figure.



But Dexter said Epstein's slip to the media, which Epstein has since apologized for, had nothing to do with the decision to release the proposal.

"The plan to release information and to brief other interested parties as quickly as we can has always been the plan," he said. "This has no relation

HRM council

- HRM Mayor Peter Kelly said municipal staff would need time to review the proposal prior to the issue coming before council.
- "Staff is going to have to analyze how we are going to fund, possibly, our portion," Kelly said yesterday.
- Kelly did not know how long it will take staff to go through the bid. The province has had the information since July.
- to (Epstein) whatsoever."

 Dexter said he hopes to release the information prior to next Thursday's caucus meeting meaning in advance of any decision from the province to decide whether to fund the project or not.

a ALEX BOUTILIER

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News in brief

MacRae back in court

BAIL, Jason Wayne MacRae is set to appear in a Halifax court for a bail hearing Friday. MacRae, 37, was arrested last month and charged with first degree murder in the death of his wife, Paula Gallant. Gallant was found dead in the trunk of her car in the parking lot of the Timberlea elementary school where she taught in December 2005.

Minimum wage upped

ALEX BOUTILIER

LABOUR. The minimum wage is going up again on Friday. It's increasing 4.9 per cent — from \$9.20 an hour to \$9.65. It is the last of the scheduled increases which was recommended

The wage for inexperienced workers — who have less than three

months experience under their belts — is increasing to \$9.15. "We have carefully considered each of the recent increases in light of the province's current economic situation and continue to agree with the

recommendations that were originally made by the review committee, said Marilyn More, Minister of Labour and Workforce Development, in a release yesterday. • JENNIFER TAPLIN

Not recycling enough

SUSTAINABILITY. Nova Scotians aren't doing as good a job of recycling as they think they are.

A recent survey by RRFB Nova Scotia, which manages 83 enviro-depots in the province, showed 98 per cent of people say they regularly recycle. But RRFB says nearly a third of the people they surveyed said they threw recyclable paper in the garbage, and 34 per cent tossed organics in the garbage in the last three months. O JENNIFER TAPLIN

"Eye exams not only detect eye problems

but other serious conditions such as

and diabetes."

high blood pressure

Collecting nickels for Newfoundland



Students raising funds for hurricane Igor disaster relief



A little pocket change can go a long way. Students from High-

land Park Junior High in Halifax are collecting coins to help hurricane victims in Newfoundland get back on their feet. Nickels for Newfoundland was an idea hatched at a student council meeting.

"A lot of people raise money for Haiti and since it's more of a local thing, it's not being brought to awareness as much — but it's important," says Emily Bulley, a Grade 8 student on the council.

Students have been bringing in grocery bags full of coins and teachers are collecting lunch mon-

"You could find a nickel anywhere around your house, every day." **EMILY BULLEY, GRADE 8**

ey leftovers everyday.

"We're having small buckets to see what each grade level can contribute, just as a way to get them going. We have a competitive spirit around here," says Nicole Hardy, student council advisor and teacher at the junior high.

Highland Park Junior High has raised over \$100 for their neighbors in Newfoundland so far. Students will be collecting loose change for the cause at the Superstore on Young Street this Satur-



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Common to think pink for breast cancer

▶ Run for the Cure is the largest one-day volunteer driven fundraiser in Canada ▶ Donations up in HRM



The Halifax Common will be awash in a sea of pink on Sunday morning.

Halifax's 16th annual Run for the Cure will bring together runners of all abilities and ages who have been raising money for breast cancer research and education.

"For me, what I see is the change to a huge celebratory attitude. Ten years ago ... it was a sad event. Now it's a celebration," says Nancy Margeson, CEO of the Canadian Breast Cancer Foundation-Atlantic Region.



The event draws about 8,500 people. Margeson says Halifax aims to break the million-dollar mark with funds raised, a feat that has been met in previous years.

Also championing the cause this weekend are the Toonies for Ta Ta's Fembots, who collect coins in downtown Dartmouth and Halifax Friday. The Fembots are part of the Titz'n'Glitz, campaign to assist local breast cancer survivors in financial need. Titz'n Glitz is also holding a benefit Retro Dance Party on October 15th.



New library plans unveiled

Designs for the interior of the building were shown in a public meeting at the World Trade and Convention Centre on Thursday night.

4-H exhibition starts Friday

As many as 10,000 people are expected to be on hand for this weekend's provin-

cial 4-H show at the exhibition grounds. The threeday show begins on Friday

and will showcase the efforts of members.

TRURO DAILY NEWS





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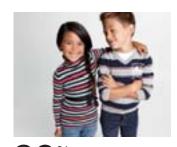
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thebay.com



Flamenco fiesta returning to city

Annual Atlantic Flamenco festival celebrates its fifth year • Fall for Flamenco includes local and guest performers and runs until Oct. 20



Halifax is heating up for the next few weeks as the annual Atlantic Flamenco Festival infuses the city with Latin music and

Artistic director Maria Osende says the festival is constantly growing in content, attendance and venue sizes.

"Flamenco seems to fascinate people around the world ... It appeals a lot to human emotions that we all have and it's very powerful and very expressive," said Osende.

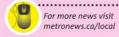
The Atlantic Flamenco Festival is Canada's first international festival of this sort and Osende said

she thinks it's a great way for people to get a taste of southern Spanish culture.

"It works like a little escape, it's like a mini-holiday for people who attend this event because they feel like they're going somewhere else," she

High-energy concerts, free shows, talks and classes fill the festival's schedule.

The fiesta kicks off Saturday, with a night of per-formances that includes Lee Park's seven-piece en-semble "Libertango" and a salsa dance party.





News in brief

Possible cause of derailment being probed

ACCIDENT. Investigators probing a derailment that forced the evacuation of seven homes this summer are focused on a part that allows a freight train car to navigate curves as the possible cause of the accident.

The propane tanker be ing examined was the first of 14 cars that tumbled off the tracks near Avondale, N.S., in the June derailment. THE CANADIAN PRESS

Robber holds up store

LOWER SACKVILLE. A man held up a store in Lower Sackville on Wednesday night.

He was armed with what police believe is a can of bear spray. He demanded cash and cigarettes from the clerk at the store on Cobequid

The suspect, who is described as a white man wearing a red hoodie, fled on foot with another man toward Highway 102. @ JENNIFER TAPLIN

Firefighters rescue dog

SHORE. Firefighters in a water rescue crew came to the aid of an old, partially blind black Lab stranded on the shore at the foot of a cliff off North Street Wednesday.

The tide was slowly rising as members of the Glace Bay Fire Department were preparing to rappel down the 40- to 50-foot cliff, but then the department's boat arrived.

"When we arrived with the Zodiac, the dog started walking out to us, said firefighter Arnold MacKinnon. "He knew." CAPE BRETON POST

Jazz finalizes flight deal

INDUSTRY. Jazz Air has fi-

nalized an agreement to operate flights on behalf of Thomas Cook Canada during the winter season for the next five years.

The owners of Air Canada's regional affiliate will initially fly six Boeing 757-200 aircraft for the vacation company to various sunny destinations from November through April.

Destinations flown by Jazz Air under the agreement include Halifax, pending regulatory approval. THE CANADIAN PRESS

Ford sued over 15-seat vans

VEHICLE. A woman whose son died in a crash in Manitoba has filed a lawsuit against the Ford Motor Company, claiming the type of 15-passenger van involved in the accident has design defects that make it susceptible to rollovers.

Stella Benedetti Gurr is in Halifax, where she and the mother of a boy killed in a similar passenger van crash are calling on Transport Canada to ban the vehicle. THE CANADIAN PRESS

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HIGHLIGHTS San Jose, Arenal Volcano, Monteverde Cloud Forest and Manuel Antonio National Park. Departs Nov 3/gap.

India 16-Day Tour sale \$840 taxes & fees included HIGHLIGHTS Chennai, Mamallapuram, Madurai, Varkala, Kerala Backwaters Homestay, Kochi, Mysore, Hampi and Goa. Departs Nov 7/itp.

Asia 15-Day Tour

HIGHLIGHTS Singapore, Melaka, Kuala Lumpur, Homestay, Penang, Nakhon Si Thammarat, Koh Samui and Bangkok. Departs Oct 24/itp.

Eastern Europe 10-Day Tour sale \$1127

HIGHLIGHTS Prague, Cesky Krumlov, Vienna, Budapest, Bled and Venice. Departs Oct 29/gap

Brazil 15-Day Tour

HIGHLIGHTS Buenos Aires, Esteros del Iberá wetlands, Iguassu Falls, Paraty, Ilha Grande and Rio de Janeiro. Departs Nov 19/gap.

HIGHLIGHTS Tokyo, Nikko, Hakone, Mount Fuji, Takayama, Japanese Alps, Hiroshima and Kyoto.

Departs Nov 27/itp.

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COLE HARBOUR

Three face charges in pot bust

RCMP say three men are

facing charges after the seizure of eight garbage bags of newly harvested marijuana plants near Halifax.

Police say they found the pot, weighing about 23 kilograms, in the trunk of a car during a traffic stop Wednesday night in Cole Harbour. The three occupants of

the car were arrested.
Police say the men—
ages 38, 33 and 29— are
facing a variety of
charges, including
possession for the
purpose of trafficking.
THE CANADIAN PRESS

Pilot film project will immortalize African Nova-Scotian heroes

A group of East Preston's youth and seniors will showcase heroes from their community on Saturday morning.

An African-Nova Scotian historical hero will be chosen to be the subject of an upcoming film that the youth and seniors will research, write and film together with Pink Dog Productions.

"There's just not enough material for the teachers to engage kids in the incredible, rich history of African Nova Scotians," says co-owner of Pink Dog "Nova Scotia has got so many amazing stories and they should be taught across the country and video engages youth so easily that we feel it's the way to go."

DAWN HARWOOD-TONES

Productions, Dawn Harwood-Jones.

The film and a related lesson plan will be available online as a teaching tool.

The idea for the video was born out of a project conceived by RCMP Cpl. Craig Smith.

The 'Empowerful' project is Smith's effort to in-

spire African Nova-Scotian youth to partner with the seniors in their communities and make films that tell the stories of African-Nova Scotian heroes.

This film is a pilot project that Harwood-Jones hopes will open the doors to similar projects in six other communities.

a ALLISON SAUNDERS



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Swiss bank account may bite you: PM

• Harper warns offshore tax evaders will face the full force of the law **○** Bank employee's crime prompts a massive probe by the taxman

What they said

- The bank: "HSBC in no way condones tax evasion and is co-operating with authorities while protecting the rights of our clients to confidentiality," said Jezz Farr, a spokesperson.
- The Bloc: "The government must punish these white-collar criminals that are preventing it from having millions of dollars," said leader Gilles Duceppe.
- The NDP: "The government is doing nothing to eliminate the curse of tax evasion. Where is their law and order agenda," said leader Jack Layton.

Prime Minister Stephen Harper says anyone using a Swiss bank account to evade taxes will face the full force of the law.

Harper's warning Thursday in the Commons followed a pledge by the Canada Revenue Agency to audit more than 1,000 foreign bank accounts linked to Canadians in Switzerland in a crackdown on offshore tax evasion.

National Revenue Minister Keith Ashfield said France has shared information about Swiss accounts held by Canadians.

"We know that most Canadians pay their taxes and play by the rules. That's why we are taking aggressive action to recov"Canadians that have bank accounts in Switzerland in order to avoid paying taxes ... will have to deal with all the force of the Canadian law." STEPHEN HARPER

er money owed to Canadians," Ashfield said.

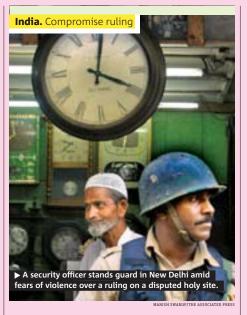
The revenue agency confirmed Thursday it is now auditing the largest of 1,000 HSBC bank accounts linked to Canadian taxpayers. Eventually all accounts linked to Canadian taxpayers will be reviewed.

CBC News and the

Globe and Mail reported Wednesday that the Canadian government obtained a list of nearly 1,800 offshore bank accounts belonging to Canadians that turned up during an international probe.

The accounts at HSBC Private Bank in Geneva are part of a larger list of about 80.000 accounts that a former bank IT security specialist passed on to French investigators, the

report said. HSBC pledged Thursday to co-operate with authorities and protect its clients, all of whom the bank maintained were the victims of crime — the theft of account information. THE CANADIAN PRESS



Holy site to be shared

An Indian court ruled Thursday that a disputed holy site in Ayodhya that sparked bloody riots in the past should be divided between the Hindu and Muslim communities. But it gave Hindus control over the area where the now-demolished Babri Mosque stood. Muslim and Hindu lawyers vowed to appeal, and feared violence seemed unlikely.

Cop-killing | Grits fight curb passes

French lawmakers voted Thursday to strip naturalized citizens of their nationality if they are convicted of murdering a police officer.

Critics say the measure. which goes to a full vote Oct. 12, creates a category of second-class French. THE ASSOCIATED PRESS

census bid

The Liberals are forging ahead with a private-member's bill to bring back the mandatory long-form census, despite a slim chance the measure will get through Parliament in time to make a difference.

The Tories are introducing a voluntary survey. THE CANADIAN PRESS



Tethered teen sparks changes

British Columbia's children's representative says she'll look for ways to help police deal with intoxicated minors.

Mary Ellen Turpel-Lafond spoke after an adjudicator's ruling that such situations can put officers in a bind if a social worker isn't immediately avail-

Turpel-Lafond plans to

ask for a meeting with police and the province's Ministry of Children and Family Development after the adjudicator's ruling in the case of Willow Kinloch.

Kinloch was 15 when she was arrested in Victo-ria in 2005 for public drunkenness.

Her case rose to national prominence after video showed the teen tethered for hours to a jail cell door.

An adjudicator this week called for reprimands against the two Victoria officers involved.

But retired judge Alan Filmer also urged provincial officials to do more so police officers aren't left babysitting drunken mi-

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MAYOD CHOCKET

Drinking charge ousts the top cop

A Quebec City suburb has temporarily lost its police chief because he has been busted on drinking and driving charges

charges.
The top cop in Lévis,
Que., Jean-Francois Roy,
was stopped while driving downtown and he
allegedly failed a
breathalyser test.

The 55-year-old chief has been temporarily suspended from his duties and is being replaced by his deputy.

The suburban mayor held a news conference

on Thursday to express her administration's dismay.

"It's a shock," said Danielle Roy-Marinelli, the mayor of Lévis.

"This isn't something we like. It's unacceptable for a police chief to be in a situation

"Because, naturally, a police chief is a powerful symbol in a community. He assures the safety of citizens. So the entire police service is in shock, too."

One report said the arrest happened after a citizen noticed someone driving erratically and called the cops.

The police officers who arrested Roy — in Quebec City — do not belong to the force he commands in suburban Lévis.

THE CANADIAN PRESS

Students mourn teen shamed by online sex video



• 'Had he been in bed with a woman this wouldn't have happened'

The death of a Rutgers University freshman has stirred outrage and remorse among his classmates.

They say they wished they could have stopped the teen from jumping off a bridge after secret video of his sexual encounter with a man was streamed online.

Tyler Clementi, 18, jumped off the George Washington Bridge into the Hudson River last week.

His body was identified Thursday after being found in the river a day before.

"Had he been in bed with a woman, this would not have happened," said Rutgers student Lauren Felton, 21.

Clementi was a violinist whose life revolved around his music, said Ed Schmiedecke, the recently retired music director at New Jersey's Ridgewood High School, from which Clementi graduated this

Clementi's roommate, Dharun Ravi, and fellow Rutgers freshman Molly Wei, both 18, have been charged with invading "Musically, Tyler was destine for greatness. I've never heard anyone make a violin sing the way he did."

MARY ALCARO,

A CHILDHOOD FRIEND WHO PLAYED IN A SUMMER MUSIC ACADEMY WITH CLEMENTI

Clementi's privacy.

Prosecutors say they used a webcam to surreptitiously transmit a live image of Clementi having sex Sept. 19 and that Ravi tried to webcast a second encounter on Sept. 21, the day before Clementi's suicide.

They face up to five years in prison if convicted. A lawyer for Ravi did not immediately return a message seeking comment

sage seeking comment.

Media reports said
Clementi left on his Facebook page on Sept. 22 a
note that read: "Jumping
off the gw bridge sorry."
Later, the page was accessible only to friends.

THE ASSOCIATED PRESS

Fisher-Price in giant toy recall

Fisher-Price is recalling more than 10 million tricycles, toys and high chairs over safety concerns in the U.S. and Canada.

U.S. and Canada.

The U.S. Consumer
Product Safety Commission and Health Canada
said Thursday that two of
the products being recalled involved injuries.

In the recall of about seven million Fisher-Price Trikes and Tough Trikes toddler tricycles, the agencies are aware of 10 reports of children being hurt.

The trikes have a pro-

truding plastic ignition key near the seat that children can strike, sit on or fall on, leading to injuries that the commission said can include genital bleeding.

Fisher-Price is also recalling more than one million Healthy Care, Easy Clean and Close to Me High Chairs after 14 reports of problems.

Seven children required stitches, and one suffered a tooth injury. One of the incidents was reported in Canada.

THE CANADIAN PRESS



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Google blacklists in an Instant

- Online giant rolling out instant search results
- Now you can guess the 'Google blacklist' of bad words

Google Instant is being rolled out across the country and before long Canadians will be able to play the game that hackers are indulging Google's blacklist.

Google Instant is a new feature that spits out search results while a user is typing, without the need to click the Search button.

It was launched earlier month Google.com and as of Wednesday started appearing on Google.ca for some users.

But there are certain words that Google won't help users spell. A publication aimed at hackers called 2600 Magazine has already compiled a list of such words. It's several

Example

Google won't help you spell out Barenaked Ladies, even if you're just searching for the Canadian band. You'll get help searching for Pamela, but not Pamela Anderson.

hundred entries long.

Some seem innocuous but could lead to adult pages, like "amateur," while others are blocked because they're associated with hate speech or other offensive content.

Although some have claimed that Google Instant's list of bad words is a form of censorship, users can still search for the subjects by typing them in themselves.

Google Instant's product manager, Toronto native Jonathan Effrat, said the list of words isn't new and is based on search data that points to objectionable content. He noted there are cases in which some words are blocked without merit.

"It's really an imperfect science in some ways," Effrat admitted. "There are a lot of ways in which it continues to evolve and we'll continue to make it better over time.

Effrat said Google Instant may take a few days to spread in Canada and Canadian encouraged users to use the .ca version of the website for better localized search results. THE CANADIAN PRESS

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The Old Orchard Inn - Wolfville 153 Greenwich Road South Exit 11, Highway 101, Wolfville



A ride on solar power

Coiro converted a 1978 Suzuki GS 550 to solar power. He said he can travel 20 miles with speeds up to 45 mph before the motorcycle has to be recharged.

Jean pens

Departing Gov. Gen. Michaëlle Jean has written an open thank-you letter to Canadians, covering many of the highs and lows of her tenure, but making only passing reference to the prorogation crisis of 2008.

Yet, she says that was a moment that likely made people question Canada's entire political system.

"My mandate was therefore not at all a quiet one, far from it." she writes. "A moment in our political history that very likely made the population question our system and how our institutions function."

The rest of her letter is an emotional look back at her four years at Rideau Hall. "My smiles matched yours, and your tears matched mine," she writes. She touches on the terrible Haitian earthquake, "one of the most heartbreaking moments of my life," and the generosity of the Canadian response. She also paid tribute to

"the courage and incredible generosity" of the members of the military. THE CANADIAN PRESS

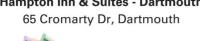


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News in brief

Lots of callers claim ticket

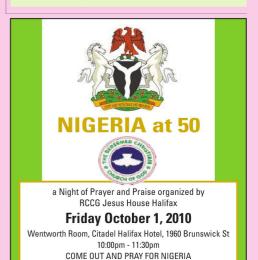
LOTTERY. Ontario lottery officials say they're being inundated with callers claiming ownership of an allegedly stolen \$12.5million jackpot.

Eighty-seven people called soon after police and Ontario Lottery and Gaming announced Wednesday that they're searching for the "rightful" winner of the ticket.

An OLG spokesman says they're asking the callers detailed questions about their ticket purchasing habits. THE CANADIAN PRESS

Execution in question

CALIFORNIA. California's death penalty is again in legal limbo. Prison officials called off the planned Thursday night execution of Albert Greenwood Brown after a state Supreme Court ruling made it impossible for the lethal injection to occur earlier than Friday. But by then, the state's entire supply of a drug used during lethal injections will have expired. THE ASSOCIATED PRESS



Pakistan stalls NATO

Supply vehicles stopped at border to Afghanistan after an alleged helicopter strike kills 3 soldiers

Pakistan blocked a vital supply route for U.S. and NATO troops in Afghanistan on Thursday in ap-parent retaliation for an alleged cross-border helicopter strike by the coalition that killed three Pakistani frontier soldiers.

The blockade appeared to be a major escalation in tensions between Pakistan

Borderline

The surge in attacks and apparent increased willingness by NATO to attack targets on the border, or just inside Pakistan, could be a sign the coalition is losing patience with Pakistan, which has long been accused of harbour ing militants in its lawless tribal regions.

and the United States.

A permanent stoppage of supply trucks would place massive strains on the relationship between the two countries and hurt the Afghan war effort. Even a short halt is a reminder of the leverage Pakistan has over the United States at a crucial time in the nine-year-old war.

By late afternoon, a line of more than 150 NATO vehicles was waiting to cross the border into Afghanistan, officials said.

"We will have to see whether we are allies or enemies," Pakistani Interior Minister Rehman Malik said of the border incident, without mentioning the blockade.

NATO said it was investigating Pakistani reports that coalition aircraft had



mistakenly attacked its forces.

The coalition has on at least one other occasion acknowledged mistakenly killing Pakistani security forces stationed close to the border.

Over the weekend, NA-TO helicopters fired on targets in Pakistan at least two times, killing several suspected insurgents they had pursued over the border from Afghanistan.

Pakistan's government protested the attacks, which came in a month during which there have been an unprecedented number of U.S. drone missile strikes in the northwest region of the area.

Prime Minister Yousuf Raza Gilani told visiting CIA director Leon Panetta was "profoundly con-cerned" about 1 in Islamabad that Pakistan creased missile strikes and

helicopter incursions. "Pakistan being a front-

line ally in the war against terror expects its partners to respect its territorial sovereignty," he said, according to a statement delivered directly from his office.

THE ASSOCIATED PRESS

News in brief



Carter out of hospital

WASHINGTON. Former U.S. president Jimmy Carter landed in Washington on Thursday after spending two nights in an Ohio hospital, where doctors said a viral infection likely gave him stomach problems. Carter, wearing a dark blazer, landed in a small private jet at Reagan National Airport. He walked down the steps from the plane onto the runway and stepped into an SUV that immediately drove away. An airport police car es-corted his SUV and two others from the airport.

He headed to the U.S. capital after hospital officials said the viral infection had cleared up. THE ASSOCIATED PRESS

Suspect killed by subway

NEW YORK. Police say a man suspected in two knifepoint holdups died when he fell from a moving subway train he'd tried to jump on to flee from officers

Twenty-year-old Bryan Feeley fell onto the tracks and was hit by the train early Thursday. He was pronounced dead at a nearby hospital.

Police say he robbed a 32-year-old man of \$150 U.S. in cash.

The victim followed him, watched him go into the subway and called police.

THE ASSOCIATED PRESS

TV stations to turn it down

u.s. Legislation to turn down the volume on loud TV commercials that send viewers diving for their remote controls looks like it will soon become law.

The U.S. Senate late Wednesday unanimously passed a bill to require television stations and cable companies to implement industry standards capping the volume of commercials and equalizing the volume between ads and other programming. THE ASSOCIATED PRESS



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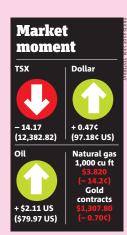
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Recovery in retreat

The economy shrank for the first time in almost a year in July, according to a lacklustre Statistics Canada report on economic growth,a stark signal that weak growth lies ahead.

THE CANADIAN PRESS



ECONOMY

TORIES PULL BACK ON EI PREMIUM HIKE

Business groups are welcoming the Harper gov-ernment's partial retreat on an employment insurance premium hike, but critics say the Conservatives should have done a full withdrawal.

Finance Minister Jim Flaherty announced Thursday that premiums

will rise by five cents for each \$100 of insurable earnings Jan. 1. The original plan was for a 15cent jump.

He also said the government will limit future increases to a maximum of 10 cents for each \$100 of insurable earnings. THE CANADIAN PRESS

POETIC JUSTICE FOR

Other people's money

DAVID DESCÔTEAUX



Quebec's politicians deserve a Darwin Award.

tuck in traffic with a pressing need to urinate, a man gets out of his car and walks toward the low concrete wall, then jumps over it to get some privacy. No luck. His car wasn't on the

road — it was on a bridge.
Sixty feet below the below, the below, the man lost his life. But he won an honour: A Darwin Award. Given Award. Given

posthumously (and humorously) to those who help humanity by removing themselves from the gene

pool.

The Darwin Awards come to mind when I think of Jean Charest and Quebec politicians. When I reflect on the incestuous relationship between politicians and construction companies, the political appointment of judges, the illegal financing of municipal parties, etc. And, of course, when looking at the cover of this week's Maclean's, calling Quebec "the most corrupt province in Cana-

Some say Charest, Quebec's premier, will never recover from these scandals. If so, his political death might help humanity — by enhancing not the politicians' gene pool (quite a challenge) but,

In particular, the shameful displays of crony capitalism occurring every day in La Belle Province illustrate the correlation between the size of government and corruption.

Corruption occurs when politicians spend other

people's money. The more areas the state meddles in, the more numerous the opportunities for corruption.

It's a mathematical rule. When government distributes licences, contracts and grants, people have an incentive to use bribes in order to obtain licences, contracts or grants. It's true in Quebec and it's true elsewhere in Canada.

Studies by the OECD, the World Bank and numerous scholars have clearly documented this relationship. It seems

obvious, yet we ignore it. I give the 2010 Darwin Award to the Quebec politicians whose careers will perish from these scandals. Their blatant disrespect for taxpayers should help wake us up.

David Descôteaux is a freelance economic journalist and an associate researcher at the Montreal Economic Institute (iedm.ora).



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Recession's over but don't start cheering yet

• Economy shrank in July, Statistics Canada reveals • Bank chief warns it'll be hard finding good jobs

The economy shrank for the first time in almost a year in July, a stark signal that Canadians face a long climb back from recession.

A lacklustre Statistics Canada report on economic growth Thursday came as the country's two main stewards of the economy Finance Minister Jim Flaherty and Bank of Canada governor Mark Carney — both acknowledged an earlier growth spurt has ended and uncertain times are upon the country.

In scaling back a planned hike to Employment Insurance premiums and limiting future increases, Flaherty said the move will help save busi-

Fateful figures

- Bad news: With weaker future growth it's highly unlikely there will be much of dent made in the 8.1 per cent jobless rate soon.
- Good news: The mining sector recorded a strong gain, 1.1 per cent. Finance and insurance eked out a 0.1 per cent advance.
- Bad news: Retail and wholesale trade, manufacturing, construction and forestry posted decreases.

nesses and workers \$1.2 billion next year.

Carney Meanwhile, warned that while the recession may be officially over, the economy is still a long way from returning to strength and finding good, high-paying jobs will remain a challenge.

"Canada's economy is now back to its pre-crisis peak in output," he said. "However, our recovery

is relatively modest in comparison to its predecessors and has relied heavily on housing and personal consumption."

Carney said consumers are weighed down with record debt, income growth will be modest and house values won't rise enough to boost the household wealth.

THE CANADIAN PRESS

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Dr. Parker is a Principal Investigator for Atlantic PATH, holds the Canadian Cancer Society (Nova Scotia Division) Endowed Chair in Population Cancer Research, is Professor of Pediatrics and Medicine at Dalhousie University and is Research Director for Cancer Care Nova Scotia. Her major research interests include investigation of the cause of childhood cancer, cancer outcomes and lifelong influences on adult health.

An interactive panel-discussion will commence after Dr. Parker's Keynote Address, with experts in health economics, biomarkers, obesity and survivorship.

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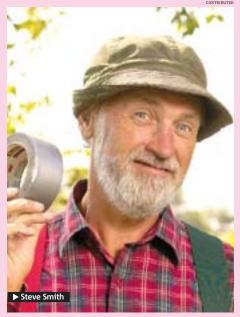
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MINUTES WITH: STEVE SMITH

For decades Steve Smith has been stepping into the workboots as Canada's favourite handyman Red Green. But can his trusty roll of duct tape help him hold his own with Symphony Nova Scotia? We spoke with Smith about this weekend's collaboration, Red Green With Strings Attached.

How have you prepared for such an epic performance? I'm on tour in the U.S. doing a one-man show with Red Green so that part of it, in terms of me just being odd, wasn't difficult. To add a symphonic component to it we've taken a couple campfire songs and added a symphony to

them ... it was a good way of merging the symphony with the odd sensibility of Red Green

So, could music turn into a side project for you?

I started in music so it's kind of completing a circle a little bit. And you know. what's better than live music with a bunch of great musicians? Everything's electronic these days and pre-recorded ... it's one of the reasons I'm doing a one-man show. I'm getting away from television cameras and videotape and all that stuff. It's just me and the audience.

"But I always say to people, all of **Red Green is in** Steve Smith, but there are parts of Steve Smith that are not in Red Green."

Both Steve Smith and Red Green will be performing with the symphony, do your musical tastes vary from one

Radically. I actually like some music with more than three chords in it! But I always say to people, all of Red Green is in Steve

Smith, but there are parts of Steve Smith that are not in Red Green.

You've also got a new book coming out, How To Do Everything. How do you go about researching such a topic? You have to start with a tremendous ego - there's no time set aside for research. My age is my research. And my scars.

Symphony performer, author, duct tape connoisseur ... is there anything Red Green doesn't do?

I'm not allowed to do home repairs because we have a nice home.

ALLISON SAUNDERS

Cartoon

MR.HARPER, HOW DO YOU RESPOND TO A NEW BOOK THAT PAINTS YOU AS A CONTROL FREAK?



No jacket required

Worth mentioning

Some ancient penguins may have been twice as big as today's Emperor penguin but they lacked the dashing tuxedo, or dinner jacket.

Researchers unearthed remains of a nearly five-foot-tall (1.5-metre) penguin that roamed what is now Peru about 36 million years ago, and also discovered fossilized feathers that show back then, the flightless bird was a more motley mix of reddishbrown and grey.

Thursday's report in the journal Science is more than a curiosity about colour. Analyzing the fossil led to a new discovery about modern penguins,

Fashion evolution



which in turn raises questions about how their feathers evolved to help them become such expert swimmers.

It's one of the largest penguins that ever lived, estimated to have been twice as heavy as the average Emperor penguin of today. The second species of giant penguin discovered in Peru is part of a cluster

of now-extinct penguin species that apparently ranged over much of the Southern Hemisphere.

A stroke of luck helped paleontologists find the feathers. A student on the dig team discovered the fossil's foot and noticed it had scales, evidence of soft tissue that's rarely preserved.

THE ASSOCIATED PRESS

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Metro Minute at Cosmomania

Space, the final frontier ... is coming to the Discovery Centre this weekend. The Barrington Street sciencebased play place is opening a new exhibit Saturday called Cosmomania. It explores the last 50 years of space exploration and takes a look at what's pos-sible in the next five decades. The exhibit highlights five major moments

in space history: The first human to travel to outer space (1961); the first man to walk on the moon (1969); the first launch of an Ariane rocket (1979): the first Internet retransmission of an image of the Martian surface (1997); and the first flight of a Taikonaut (2003). Then check out the Mars Base for 2057. METRO HALIFAX

Three days to play

IS \$160 MILLION TOO MUCH FOR A NEW DOWNTOWN CONVENTION CENTRE?



Terri Acker

HALIFAX

If the return is good and it puts money into the downtown area ... then you've got to pay in some to get back more.



Sudheer Mamidi

It's too much ... we'd have to pay more taxes. The one we have now is very good for the time being, at least for the next

◆ No on-screen chemistry was needed for Heigl and Duhamel ◆ Characters thrust into parenthood together despite a true dislike for each other after mutual friends' tragic death ◆ Life As We Know It shows the difficulties of marriages and parenting



An unwanted partnership



In Life As We Know It, Katherine Heigl and Josh Duhamel struck some solid on-screen chemistry by playing two characters that really, really hate each other.

"Yeah, these people really don't like each other," laughed Heigl during a recent interview in New York to promote the romantic dramedy. "He kind of enjoys needling

her and sticking it to her."
"I don't think we put

"I don't think we put any pressure on each other to have chemistry," added Duhamel who insists the characters simply work best when they're at their worst. "We really didn't like each other. It was real ... that was the whole mentality."

Opening next Friday, Life As We Know It casts Heigl and Duhamel as two polar opposites who must overcome their animosity for each other when they assume guardianship over an orphaned toddler after the tragic death of their mutual friends.

"I thought it was an interesting dynamic," said

"Regardless of this bickering thing they have going, they are there for each other because they unite in this crap that they're going through."

The movie certainly rests on the question of whether these rivals will fall for each other through parental pursuits. However, for the two stars (who are each married in real life — Heigl to musician Josh Kelley, Duhamel to Black Eyed Peas' Fergie), the film also redeems the sacrifice that comes with marriage.

"Marriage can be a big old pain in the butt on many occasions but I really like my guy and I wouldn't want to live life without him," said Heigl.

"There is something about having a partner in life on your side even when you're wrong.

Marriage advice

For married folks that are lamenting their single life, Katherine Heigl has some advice: "If it's a good relationship and its (your) true companion," said the actress. "Seriously spend a full day just doing everything in your life as you would without that person and you will miss them."

That's kind of amazing to have."

scene

News in brief



Organizers say Academy Award-winning actor Denzel Washington will host this year's Nobel Peace Prize Concert in Oslo, Norway.

Washington said Thursday he was "honoured to attend" the Nobel Peace Prize Concert "to help spread the message of global peace."

Last year, actor Will Smith and his actress wife Jada Pinkett Smith co-hosted the concert, honouring the 2009 laureate and Smith fan Barack Obama.

The winner of the 2010 Nobel Peace Prize will be announced in Oslo on Oct. 8. The award THE ASSOCIATED PRESS



writer Shawn Camp waits 16 years for new album's release



Malkovich keeps staying busy

◆ Actor stars in Jonah Hex, Secretariat and Red this year alone ◆ A new Dangerous Liaisons in the works



When audiences first meet John Malkovich's irascible French Canadian horse trainer Lucien Laurin in Secretariat, he's failing miserably at golf and spitting French put-downs. It's the latest in a line of delightfully aggressive turns Malkovich, who also hits theatres this month with Red. Metro sat down with Malkovich at the Santa Anita racetrack to discuss choosing roles, directing theatre versus directing movies and how to look like a bad golfer on screen.

How is your actual golf game? I never really played golf.

My best friend growing up was always playing golf. I went out, I think, maybe once or twice and smacked it around a little bit. I never tried, you know?

So you didn't have to try too hard to play poorly?

Actually, (Secretariat's director) Randall (Wallace) kept saying the shots looked too good, so I fixed him up with some bad shots. I did one shot that was fantastic. I put out five balls on the tee and was able to hit one, which ricocheted and did another ricochet and hit the cameraman. Spectacular shot. I was like, "Take that!"

You've got an eclectic mix of roles this year, with Secretariat, Jonah Hex and Red. How

much do you plan ahead what types of roles you'll take on?

Honestly, I don't over-worry the notion of roles. I try to worry about can this film be good? Jonah Hex could have been good. It didn't turn out to be at all, but it wasn't gone into with any sort of cynicism. I've done films where the role is fantastic, like Color Me Kubrick, but if the film is not a really good film, it doesn't matter. You may as well have not done it.

Do you have any more directing projects in mind?

The next thing I direct will be a new translation and adaptation of Dangerous Liaisons, of Les Liaisons Dangereuses, in Paris. I still direct a lot for the stage. I love directing movies, but I don't want to



goof around eight years to get it made, you know? If I want to do a play, I just do it, and it's done. It's a waste of time to spend years trying to get something on that should be perfectly simple to get on. But that's movies, and I get all that aggro as a producer. You get your kicking producing. I don't need it directing also. If something comes along and I feel like it, great.

How long did it take to get your directorial debut, The Dancer Upstairs, made?

Dancer Upstairs, made? Eight years. Eight years of

nonsense. I like the film very much, but even if it would've come out really badly, it's \$4 million. It's not \$500 million. And it's going to make more than \$4 million, and it will be around. If it took eight years to make a horse race, they wouldn't be much fun to do. I'd never say I love directing plays more than I like directing movies. But it's everything before the movie actually happens and then often afterward that you just think, "Oh, come on. I'm not 5 years old. I don't have time for this."

Josh Brolin does a fantastic impression of you.

Yeah, they say it's very

Have you heard it?

Not really. He kind of did a little for me. But I just saw him two nights ago and hopefully — I don't know if we're going to have dinner this week while I'm here, but maybe when I come back. I'm very, very fond of Josh. But yeah, I hear that he does a very good impression. I've heard a few, but I haven't heard losh's.

SNEAK PREVIEW TOMORROW

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SIZZLE IN A COMEDY THAT'S

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KATHERINE HEIGL JOSH DUHAMEL

LIFE AS WE KNOW 17



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Check Theatre Directory or lifeasweknowitmovie.ca for Showtimes

Documentary film leads to an unexpected place



Ariel Schulman and Henry Joost like to film everything they do, just in case. These days, you never know when you'll stumble onto a clip that'll make you the toast of the internet for 15 minutes.

"We're compulsive chroniclers" explained Schulman, who admits to having folders full of footage of his brother Nev leaning back in a chair in their office because "one of these days he's going to fall and I might want to build a video around it."

That instinct lead to their debut feature Catfish about Nev's odd online relationship with a family that led to an in person meeting with disastrous and distressing results. Revealing more would be unfair, but the digital documentary caused a stir at Sundance and the obvious joke is that it could do for Facebook what Psycho did for showers.

Schulman and Joost filmed every moment of the online affair hoping that they'd make "a short film about a little friendship that started online be-

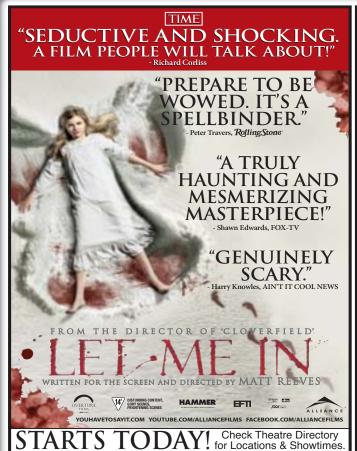


tween a painter and a photographer." They ended up with something far more complex and disturbing, but admirably continued chronicling every moment from Nev's first awkward phone call with his mysterious online admirer on. Joost admitted to only missing, "a great fight that Ariel and Nev had afterwards that I sort of wish I'd filmed, but it's probably better that I didn't because someone would have broken my wrist."

The close friendship between Ariel, Henry, and Nev managed to survive the ordeal of shooting and now they have possibly the first cautionary tale of the Facebook age. The film's "star" Nev has found that audiences "are immediately familiar with me after seeing the movie and come up and say, "oh my god Nev, I've got to tell you something." As a result the filmmakers have been inundated with similar tales of online deception. "These stories are happening all over the place, but they're just not getting caught on film," said Ariel. As to what the team

As to what the team have planned next now that they've broken into the world of professional filmmaking, Ariel joked, "We'll probably just film Nev every one in a while and hope for the best."











Text SCREAM to 777888 to get cool VIP offers - you could WIN a killer DVD movie library in the My Soul To Take mobile contest! Standard messaging rates may apply.



Halifax Regional Fire & Emergency's 2010 Fire Prevention Week campaign is once again aimed at reducing the number of fires associated with, or caused by, the inappropriate use of matches & lighters.

Residents of HRM who use matches

& lighters need to take responsibility for them - they are tools, and should be respected as such. With children in the home, most of us are very careful not to leave dangerous tools lying around where children could find them and cause themselves harm. Statistics show

that this same practice is not being extended to safety with matches & lighters - even though we know that matches & lighters, in the wrong hands, can be even more dangerous.

Respect for fire should be something that is passed down from

parents to children - generation to generation. Teaching youth to respect fire, and to be extremely cautious when using matches & lighters should be a high priority in any home where youth reside.

Tradition

On a balmy evening in October, 1871, Daniel "Pegleg" Sullivan was sitting outside his house enjoying the unusually warm weather.

> His contentment was suddenly shattered by the sight of flames inside the barn of his friends, Patrick and Catherine

O'Leary, who lived across the street. Daniel rushed to the barn to help but the fire was already too far advanced and not much could be saved.

The fire, aided by a strong, restless wind, spread at lightning speed through the predominantly wooden structures of greater Chicago. By the following day-October 9-when the fire was finally brought under control by the use of explosives, much of Chicago had been devastated. At least 300 people had perished and some 18,000 buildings

were destroyed. Almost one third of Chicago's population of 300,000 were left homeless.

Understandably, the cause of the fire became the focus of much speculation. The popular theory revolved around Mrs. O'Leary's much maligned cow, which was thought to have kicked over a lamp and set the barn on fire. Ironically, the O'Leary house survived the disaster with only minor damage.

Thereafter, on each October 9th,

the people of Chicago commemorated the fire with parades and ceremonies. In 1911, The Fire Marshals Association of North America officially declared that date as Fire Prevention Day. Ontario became the first jurisdiction to observe Fire Prevention Week during the Sunday through Saturday period in which October 9 falls.

This practice continues to this day in communities throughout North America as a constant reminder that prevention is the ultimate cure.

Next Week's Feature Schedule

Monday October 4th: Outdoor Fire Safety Tips

Tuesday October 5th: Fire Safety Around the Home

Wednesday October 6th: Fire Escape Planning

Fire Safety Tips For Students: Cigarette Disposal

After a party, check under pillows on the couch, and in chairs, for burning cigarettes. Extinguish cigarette butts

using deep safety ashtrays, by dousing them with water, or by placing them in a metal container with an airtight lid.

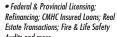


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 - Test smoke detectors at least monthly
 - Change the batteries twice a year
 - Replace smoke detectors every 10 years
- Ensure all family members know what the detector sounds like and what to do when the detectors activate
 - Make an escape plan with all Family members
 - Practice the Escape Plan regularly

For more info or any other Fire Safety info call (902)427-3500



October 3rd to 9th

FIRE & EMERGENCY ST. 1754 B

Match and Lighter Safety

Each year hundreds of children die in home fires started by children who were using matches or lighters. Many of the children who started these fires were merely curious about fire; others were using fire in anger or as a cry for help. Some children set fires deliberately as an act of

as an act of vandalism.

Any act of fire setting; regardless of motivation it is dangerous and must be handled properly.

Children have a natural curiosity about fire. Never use matches or lighters as a source of amusement for a child, they may imitate what you do. If your children express curiosity about fire or if you find they have been playing with matches or

lighters, respond calmly, not punitively.

Explain firmly to your child that matches and lighters are tools for adults to use carefully. Find safe ways for your child to participate in your use of fire. Let them blow out candles, for example, or put charcoal in the grill before you light it. As children get older, they can learn how to use matches and lighters safely, but only under adult supervision. Always keep matches and lighters out of reach of children and never leave a child alone with a burning candle, cooking fire, fireplace, campfire barbeque or any other open flame.

Children as young as two have started fires with matches and lighters. If you live with children, treat matches and lighters as you would a dangerous weapon: store them up high, out of children's reach and sight, preferably in a locked cabinet. If you suspect your child is setting fires get help immediately by contacting the HRM's Fire Prevention Division at 490-4017.

If anyone in the home smokes they should have only one lighter or book of matches and it should be kept with them at all times. Use only lighters designed with child-resistant features. These lighters are difficult for most young children to operate. But don't take chances; store these lighters out of children's reach as well. Teach very young children to tell an adult if they see matches or lighters. School age children should be taught to bring matches or lighters to an adult, removing them

immediately from the reach of younger siblings.

Unsupervised children can sometimes get their hands on matches and lighters, even if they are well hidden. More than half of all fatal fires started by children involve bedding, mattresses or upholstered furniture. Never leave matches or lighters in a bedroom or any place where children may go without supervision.





Let's keep our community safe.



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WEEKEND, OCTOBER 1-3, 2010

Movie reviews

See it twice ●●●● | See it now ●●●● | Worth watching ●●● | Yawn ●● | Don't bother €

A perfect pairing

The Social Network Genre: Drama

Directors: David Fincher Stars: Jesse Eisenberg, Andrew Garfield, Justin Timberlake

Facebook: The Movie was a depressing inevitability, but fortunately the project found the most unlikely and perfect set of collaborators in the dialogue dependent West Wing scribe Aaron Sorkin and director David Fincher (Se7en). Together they've created a portrait of Facebook creator Mark Zuckerberg that presents him as a tragic success story: a mid-20s computer genius who created the mas-sively successful social networking site despite being socially incompetent.

I'm Still Here Genre: Documentary

Director: Casey Affleck **Stars:** Joaquin Phoenix, P. Diddy, Ben Stiller

Was Joaquin Phoenix's brief failed music career a



It's an ingenious piece of irony that positions Zuckerberg as a poster boy for a generation that lives robust social lives online without really knowing how to interact in person.

The Social Network uses

The Social Network uses two legal proceedings in which Zuckerberg is sued by former partners as a framing device and was based on source material derived from interviews with those he burned. As such it can't be taken as gospel, but the few awk-

hoax? That's the question that everyone hoped Casey Affleck's highly anticipated documentary would answer and admirably the movie doesn't make things clear. It will be debated, but more likeward damage control interviews that Zuckerberg has done to defend himself recently suggest the overall portrayal isn't that far off. Fortunately, the level of truth doesn't really matter as the film is primarily a layered and surprisingly hilarious character study that represents Sorkin's best writing, Fincher's most subdued filmmaking, and the most nuanced neurotic performance yet from the underrated Jesse Eisenberg.

PHILBROWN

ly than not this was an elaborate Andy Kaufmanstyle stunt designed to show how easily the media can manipulate a tragic personal meltdown into primetime

PHIL BROWN



Buried
Genre: Thriller
Director: Rodrigo Cortés

Stars: Ryan Reynolds

Summer Buried begins with a Blair

Witch close up — all eyes

Buried begins with a Blair Witch close-up — all eyes and nose — of star Ryan Reynolds. We learn he is a civilian truck driver in Iraq who was taken hostage, buried

Let Me In Genre: Horror Director: Matt Reeves Stars: Chloe Moretz Kodi Smit-McPhee

Let Me In, a remake of the much loved Swedish film Let the Right One In, is a story about two pre-teens excluded from general soFubar II
Genre: Comedy
Director: Michael Dowse
Stars: Paul Spence, Dave
Lawrence
GEO
It's been eight years si
headbangers Terry and
Dean were given'r in

It's been eight years since headbangers Terry and Dean were given'r in Fubar but the Alberta boys haven't lost any of their lust for life. In this sequel, the boys celebrate Dean's

underground with a cell-phone, who will be left to die unless a ransom is paid. Bleak and claustrophobic, Buried feels like one idea stretched to feature length despite inventive work from director Rodrigo Cortes and a revelatory central performance from Reynolds. © RICHARD CROUSE

ciety — one by bullies, the other because she's a vampire. Save for its setting the film is respectful to its source in all ways but one. In the American version Chloe Moretz plays her as much more vulnerable which separates it from the original, but is a less effective. • RICHARD CROUSE

remission from cancer by getting jobs in the oil patch where the inseparable buddies' relationship is soon strained by a girlfriend, Dean's attempts to collect workers' compensation and loads of property damage. It's clear the boys have a bigger budget but they manage to keep the authentic tone of the original. STEVE 60W

StreetDance 3-D Genre: Drama Directors: Max Giwa and Dania Pasqui-

Max Giwa and Dania Pasquini Stars: Nichola

Burley, Richard Winsor, Charlotte Rampling

This week's film about a struggling street dance team forced to join forces with ballet students is British and in 3-D. In theory that makes it different than all the other You Got Served-style entertainment jammed down audiences' throats, but sadly there's nothing even moderately original about this movie. The screenplay is little more than a collection of clichés. **OPHL BROWN**







HALIFAX

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Alpha and Omega 3-D (STC) Dolby Stereo, Stadium Seating Fri-Sun 1:20-4-6:45 Dolby Stereo, Stadium Seating Mon 4-6:45 Dolby Stereo, Stadi-um Seating Une-Thu 1:20-4-6:45 Case 39 (18) Dolby Stereo, Stadium Seating Fri-

Despicable Me (G) Dolby Stereo. Stadium

Seating Fri-Thu 1:05-3:50 **Devil** (STC) Dolby Stereo, Stadium Seating Fri-

Easy A (STC) Dolby Stereo, Stadium Seating Fri-Thu 1:30-4-7:10-10

Thu 1:30-4-7:10-10

Eat Pray Love (PG) Dolby Stereo, Stadium Seating Fri-Sun 1-4-6:55 Dolby Stereo, Stadium Seating Mon 1-4 Dolby Stereo, Stadium Seating

Tue-Thu 1-4-6:55 Fubar (STC) Dolby Stereo, Stadium Seating Fri-

FLDar (SIC) bolby stereo, stadium seating FH-Thu 1153-557-159-40 Legend of the Guardians: The Owls of Ga'Hoole (STC) bolby stereo, No Passes, Stadi-um Seating Fri 1-3:35-6:30-9 Dolby Stereo, No Passes, Stadium Seating Sat 1-3:35-9 Dolby Stereo, No Passes, Stadium Seating Sun-Thu 1-

3:35-0:30-9 Legend of the Guardians: The Owls of Ga'Hoole 3D (STC) Dolby Stereo, No Passes, Stadium Seating Fri-Wed 1:15-3:55-6:50-9:25 Dolby Stereo, No Passes, Stadium Seating Thu

1:15-3:55-9:25 **Let Me In** (18) Dolby Stereo, Stadium Seating

Let Me In (18) Dolby Stereo, Stadium Seating Fri-Thu 1:20-4:10-655-9:30
Life as We Know It (PG) Dolby Stereo, No Passes, Sneak Preview, Stadium Seating Sat 7
Resident Evit: Aftertifie 30 JCT(J Dolby Stereo, Stadium Seating, 10-Til Dolby Stereo, Stadium Seating, Dolby Stereo, Stadium Seating, Dolby Stereo, No Passes Sat 7
The Social Network (PG) Dolby Stereo, Stadium Seating, No Passes Fri-Tue 14:30-4:05-64:20-655-71:5-94:0-10 Dolby Stereo, Stadium Seating, No Passes Well 4:05-4:20-655-71:5-94:0-10 Dolby Stereo, Stadium Seating, No Passes Well 4:05-4:20-65:57:15-94:0-10 Dolby Stereo, Stadium Seating, No Passes Thu 1-130-4:05-62:05:57:15-94:0-10 Dolby Stereo, Stadium Seating Fri-Thu 1:15-47-94:5

The Virginity Hit (18) Dolby Stereo Fri-Thu

Wall Street: Money Never Sleeps (STC)
Dolby Stereo, No Passes, Stadium Seating Fri-Thu

Douby Stereo, No Passes, Stadium Seating H-Inu 1:140-350-430-6435-9-35 **You Again** (STC) Dolby Stereo, Stadium Seating Ff1:25-3:557-10-10 Dolby Stereo, Stadium Seat-ing Stat 1:25-3:557-10-10 Stereo, Stadium Seat-ing Sun-Thu 1:25-3:557:10-10

IMAX 190 Chain Lake Dr., Bayers Lake 902-876-4800

Legend of the Guardians: The Owls of Ga'Hoole: An IMAX 3D Experience (STC) Dolby Stereo, No Passes, Stadium Seating Fri-Thu 1:30-4:30-7:20-9:45

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Joan Rivers: A Piece of Work (STC) Fri 7-9 Sat-Sun 4:30-7-9 Mon-Thu 7-9

PARK LANE 5657 Spring Garden Rd. 902-423-4860

Best Worst Movie (STC) No Passes, Stadium

Seating Thu 7:30 Case 39 (18) Stadium Seating Fri-Sat 1:20-4-Case 59 (18) Stadium Seating Sun 1:20-4-6:50-9:20 Stadium Seating Mon-Thu 4-6:50-9:20 Easy A (STC) Stadium Seating Fri 7:20-10-11:59 Stadium Seating Sat 1:40-4:20-7:20-10-11:59 Sta-

Stadium Seating Jat 1:40-4:207:20-10-11:59 Sta-dium Seating Jun 1:40-4:207-20-10 Stadium Seating Mon 4:20-10 Stadium Seating Iue-Wed 4:207:20-10 Stadium Seating Iue-Wed 4:207:20-10 Stadium Seating Iue 4:20-10 Legend of the Guardians: The Owls of Ga*Hoole (ST) (N) Passes, Stadium Seating Ft 1:10-3:50 No Passes, Stadium Seating St 1:10-9:15 No Passes, Stadium Seating St 1:10-50-6:35-8:50 No Passes, Stadium Seating Mon-Tue

3:50-6:35-8:50 No Passes, Stadium Seating Wed 3:50 No Passes, Stadium Seating Thu 3:50-9:15 Les Miserables: 25th Anniversary Live From the Oz (STC) No Passes Mon 8 Prince of Darkness (STC) Stadium Seating Fir5st 11:145

Frince of Darkness (sit) Stadium Seating Fri-Sat 1126 The Social Network (PC) No Passes, Stadium Seating Fri-Sat 12:04:139-3:20-4:10-6:207-9-9:50-11-04 No Passes, Stadium Seating Sun 12:04-13:03-20-41-06:207-9-9:50 No Passes, Stadium Seating Mon-Tue 3:20-4:10-6:207-9-9:50 No Passes, Stadium Seating Med 3:20-4:10-6:207-9-9:50 No Passes, Stadium Seating Fri-Sat 12:50-3:206-6:209-3:20-5:206-6:2

Stadium Seating Tue 3:40-6:40-9:30 Stadium Seating Wed 3:40-9:30 Stadium Seating Thu 3:40-

Troll 2 (STC) No Passes, Stadium Seating Thu

Wall Street: Money Never Sleeps (STC) No Passes, Stadium Seating Fri-Sun 12:30-3:30-6:30-9:25 No Passes, Stadium Seating Mon-Thu

3:30-6:30-9:25 **You Again** (STC) Stadium Seating Fri-Sun 1:45-4:15-7:10-9:40 Stadium Seating Mon-Thu 4:15-

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Case 39 (18) Fri 7:05-9:25 Sat-Sun 2:10-4:30-

Case 39 (18) Fri 7:05-9:25 Sat-Sun 2:10-4:30-7:05-9:25 Mon-Thu 7:05-9:25 Sat-Sun 2:15-4:20-7:15-9:20 Mon-Thu 7:15-9:20 Sat-Sun 2:15-4:20-7:15-9:20 Mon-Thu 7:15-9:20 Sat-Sun 1:45-4:640-8:50 Mon-Thu 6:40-8:50 Sat-Sun 1:45-4:640-8:50 Mon-Thu 6:40-8:50 The Social Network (PG) No Passes Fri 6:45-9:15 No Passes Sat-Sun 1:40-4:15-645-9:15 No Passes Mon-Thu 6:40-8:09-25 Sat-Sun 1:30-4:10-650-9:25 Mon-Thu 6:50-9:25 Sat-Sun 1:30-4:10-650-9:25 Wall Street: Money Never Sleeps (STC) Fri 6:30-9:15 Sat-Sun 2-6:30-9:15 Mon-Thu 6:30-9:15

ou **Again** (STC) Fri 7-9:20 Sat-Sun 1:50-4:15-7-

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Alpha and Omega (STC) Dolby Stereo Digital, Stadium Seating Fri-Sat 1:30-4.15-6.35-8:55
Dolby Stereo Digital, Stadium Seating Sun 12:35320 Dolby Stereo Digital, Stadium Seating Wed 6:35-855 Dolby Stereo Digital, Stadium Seating Thu 1:30-4:05-6:35-8:55
Case 39 (18) Dolby Stereo Digital, Stadium Seating Fri-Sun 12:55-35:06-55-9:35 Dolby Stereo Digital, Stadium Seating Fri-Sun 12:55-35:06-55-9:35 Dolby Stereo Digital, Stadium Seating Thu 1:40-4:15-6:55-03-15

Easy A (STC) Digital, Dolby Stereo Digital, Stadi-um Seating Fri-Sun 1:10-4:20-7-9:30 Digital, Dolby Stereo Digital, Stadium Seating Tue-Wed 7-9:30 Digital, Dolby Stereo Digital, Stadium Seating Thu

Legend of the Guardians: The Owls of Ga*Hoole (STQ Dolby Stereo Digital, Stadium Seating, No Passes Fri-Sun 1:20-4:10-7:10 Dolby Stereo Digital, Stadium Seating Tue-Wed 7:10 Dolby Stereo Digital, Stadium Seating Thu 1:50-

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Legend of the Guardians: The Owls of Ga Hoole 3D [STC] Dolby Stereo Digital, Stadium Seating, No Passes Fri-Sun 12:40-3:40-625-905 Dolby Stereo Digital, Stadium Seating Mon-Wed 625-905 Dolby Stereo Digital, Stadium Seating Mun 13:53:55-65-59-05

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o:50-9:30 Les Miserables: 25th Anniversary Live From the O2 (STC) Digital, Dolby Stereo Digi-tal, Stadium Seating Mon 8

Resident Evil: Afterlife (STC) Dolby Stereo Digital, Stadium Seating Fri-Sun 9:45 Dolby Stered

Digital, Stadium Seating Tue-Thu 9:45
Secretariat (G) Dolby Stereo Digital, Stadium Seating, Sneak Preview, No Passes Sat 7
The Social Network (FQ) Dolby Stereo Digital, Stadium Seating, No Passes Fri-Sun 12:45-1:205-3:30-3:55-6:15-6:40-9-9:40 Dolby Stereo Digital, Stadium Seating, No Passes Mon 77:45
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TRURO

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Seating Mon-Thu 6:45-9

BRIDGEWATER

BRIDGEWATER 349 Lahave St., 902-527-4

Easy A (STC) Fri 6:45-9:10 Sat 3:30-6:45-9:10 Sun-Thu 6-8-25

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- DAVID DENBY, THE NEW YORKER

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THE WALL STREET JOURNAL

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TV Picks

New character-Human Target

ACTION Human Target kicks off its second season with bodyguard Christopher Chance (Mark Valley) trying to rescue a kidnapped Winston. We also meet a new character, a philanthropist (Indira Varma) who fears her life is in danger and quickly becomes close with Chance. (Friday, Fox)

Subway scare on Blue Bloods

DRAMA The danger on Tom Selleck's new family cop drama Blue Bloods is on the subway, where a criminal is terrorizing riders. The perpetrator is being pursued by a man with a police record, forcing the Reagans to debate the merits of vigilantism. (Friday, CBS)

Jane Goodall, meet Charlize

CELEBRITY It's the Season Five premiere of Iconoclasts, the series that pairs two celebrities from different fields for a chat. Airing day-and-date with the U.S., this season opener features actress Charlize Theron and award-winning primatologist Jane Goodall. (Saturday, Sundance Channel)

Breaking Bad star hosts SNL

VARIETY Emmy-winning Breaking Bad star Bryan Cranston hosts Saturday Night Live, while Kanye West is the musical guest. It's Cranston's first time as host on SNL, and in a recent interview on ESPN Radio's Mason & Ireland show, he said he was "excited, and a little scared" about the gig. (Saturday, Global, NBC)

Mad Men mystery meeting

prama Rumours and speculation abound - and no doubt the drinks will, too - on Mad Men after an agency-wide meeting is called. The episode is entitled Chinese Wall, which was a phrase Don's fetching female doctor recently used, so that could be a clue that she's a focal point of tonight's storyline. (Sunday, AMC)

Patient pursuit on Boardwalk

GANGSTERS And over on the critically acclaimed 1920s gangster drama Boardwalk Empire, directed and executive produced by Martin Scorsese, corrupt politician Nucky and some of his pals eye a hospital patient who may be aware of some details surrounding a murders in the woods. (Sunday, HBO Canada) THE CANADIAN PRESS

Law & Order gets British makeover

26 episodes of Law & Order: UK made available to U.S. audience

Where scripted shows on U.S. networks are concerned, viewers know it's all about them.

They know certain shows have been imported for them and specially tailored for U.S. tastes. British comedies spawned All in the Family and Sanford and Son in the early 1970s. More recently, Ugly Betty was adapted from a Colombian telenovela. And NBC's The Office was a domestic reimagining of the British original.

Meanwhile, it's no surprise that American series are sold around the world, dubbed or subtitled for each local audience.

U.S. viewers can get a dandy look at such a foreign transplant thanks to cable's BBC America, which is bringing 26 episodes of Law & Order: UK back to the land where the Law & Order TV empire was born.

Premiering Sunday at 10:30 p.m. EDT, with subsequent episodes airing Fridays at 9 p.m. EDT, Law & Order: UK is unmistakably kin to the L&O family.

While the classic Mike Post licks have been swapped out for a different theme, each episode begins with the sonorously voiced, "In the criminal justice system ..." rap. (Though here, it's the crown prosecutors who prosecute offenders.) And-never fear - location cards remain part of the format, along with the accompanying cha-CHUNG sound effect

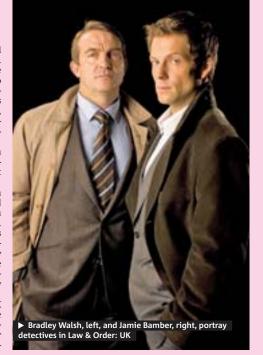
New York City plays an integral role in Law & Order, but its British offshoot is set in London.

Each episode has been adapted from the original series, seen on NBC from 1990 through last season. The first L&O: UK hour is based on the script for Cradle to Grave where a baby is found dead, possibly the victim of tenant harassment. It first aired on Law & Order in 1992.

The regulars of L&O: UK are solid but likely to be unknowns to most American viewers: Jamie Bamber (Outcasts, Battlestar Galactica) stars as Detective Sergeant Matt Devlin while Bradley Walsh (The Old Curiosity Shop) carried the role of Detective Sergeant Ronnie Brooks.

Not exactly household names, but the cast's makeup and relationships will feel instantly familiar to any L&O fan.

This would include fans



in Britain, where (along with dozens of other countries) the imported Law & Order already had been airing when Law & Order: UK premiered last year on the ITV network. That show has since proved a big success, averaging about a one-quarter share of the viewing audience.

"After 'Law & Order' was broadcast there, we made an English version and it turned into a hit, and, lo and behold, it's coming back to the U.S.," said Law & Order creator Dick Wolf. "This is getting pretty close to a perpetual motion machine."

ASSOCIATED PRESS



Dance Cap

So You Think You Can Dance Canada's producer and warm-up host Josh Hellyer talks booty-shaking, Ben Mulroney and how to bust a move on the mainstage.



What exactly does a "warmup host" do?

It's a pretty big ordeal. I'm the first one on stage and the last one to go.

My job is to pump up the crowd, make everyone feel welcome and as if they're really part of the show. There are so many kids who come to the show who aren't of age to actually audition.

But this is great chance for them to actually dance on the stage of the show. So I'll just ask the audience, "So who here thinks that they can dance?"

There are all these 13year-old girls who will come up and are so shy. Then the second the music comes on, they're incredible dancers and just the figreest beings

fiercest beings.

That's what my job entails - finding people in the audience who can help lift the spirits of everyone who is there.

How do you choose who you invite onto the stage?

It just depends on the person. Sometimes they can be enthusiastic, but then sometimes it can be a shy little person standing in the front of our mosh-pit area and I look at them and I'm like, "I feel there's something inside of you."

Do these sorts of things happen throughout the taping?

If we're delayed technical-

ly or a commercial break is going really long during the taping I just have to pull out all the stops to make sure everybody's feeling energized and happy to be there.

Part of my job is also to inform the audience what's happening so they don't feel completely in the lurch

Is it intimidating having celebrities in the audience?

It's always fun for me to pull them up and make them dance and be ridiculous and have a good time. Ben Mulroney's been to the show and he was just the absolute best sport. And Seamus O'Regan from Canada AM, whenever he comes to the show we do a waltz for everybody.







7th heaven

CHRISTOPHER PLUMMER



CASTING

Looks like Canadian actor Christopher Plummer may have a role in the upcoming English-language remake of The Girl with the Dragon Tattoo. According to the Hollywood Reporters, Plummer will be playing Henrik Vanger in the adaptation, which also will feature Rooney Mara and Daniel Craig.

YUMAKI

DESIGN

Let's face it, toothbrushes
— while essential — can
be pretty ugly. Enter
Yumaki. The professional
dental care brand has designed some fun, adorable
toothbrushes that will not
only keep your teeth clean
— but put a smile on your
face with its stylish design
and fun colours.
yumaki.com

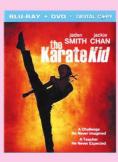
ME TO WE



FASHION

Free the Children has a great line of clothing that are "friendly" in a number of ways. The clothes aren't manufactured in sweatshops, are made of eco-friendly products, and 50 per cent of proceeds go to the charity. Check out the whole line at metowestyle.com

THE KARATE



DVD

It's time to get your waxon; then wax off. The remake of the Karate Kid, staring Jaden Smith and Jackie Chan, is being released Tuesday. Depending on whether you go DVD or Blu-ray, it may feature extras like an interactive map of China or filming diaries.

SNOOKI

BOOK DEAL

Yo, Snooki is working on a book. Gallery Books announced this week that Nicole "Snooki" Polizzi, the Iersey Shore reality TV star, has a novel called Shore Thing scheduled to come out in January. The publisher said the novel will tell of love on the boardwalk, complete with "big hair, dark tans, and fights galore.' THE CANADIAN PRESS



STAR WARS 3-D

POP CULTURE

It's no secret George Lucas has a tumultuous relationship with Star Wars fans — so why he is giving them another reason to



May the force be with the-

atre goers.





BRITNEY SPEARS

TV Anyone who still thinks Britney Spears is a washout should take a

look at the latest ratings for Glee.

Turns out last Tuesday's episode featuring songs by the former teen singer drew an estimated audience of 13.5 million — making it the second most-watched episode of the show ever.

The high school characters on the show sang five of Spear's songs.

METR

Mix of Six

Theatre

Romeo and Juliet

When: Through Oct. 17 Where: Neptune Theatre

This popular play by William Shakespeare is again brought to life as Neptune kicks off its 2010-11 season with what is sure to be a hit with theatre fans. The play is over two hours and very entertaining. Tickets are available through neptunetheatre.com with adult tickets starting at \$27.

Festival

Fall for Flamenco

When: Oct.2020 Where: Venues across HRM

The fifth annual festival fuses the Latin and Spanish cultures of Halifax. There are dance performances, concerts, dinners, talks and classes. Go to www.flamencofestival.ca for event details.

Workshop

Birch bark canoe making for Mi'kmaq History Month

When: October Where: Maritime Museum of the Atlantic

A traditional birch bark canoe used for ocean travel will be built at the museum in October for Mi'kmaq History Month. Todd Labrador, a seventh generation Mi'kmaq and traditional birch bark canoe builder, will be involved in the project.

Music

Auditorium

Duct tape and violins — Red Green performs with Symphony Nova Scotia

When: Friday at 7:30 p.m. and Saturday at 2 p.m. Where: Rebecca Cohn

Canada's oddest handyman collides with the East Coast's only professional orchestra for a concert unlike any other. One of the highlights of the performance will be Red's own musical instrument, which he'll be building onstage with the ladder, propane tank, and beer bottles - along with a bicycle, a shipping trunk, and a hockey stick. Red will then play along with the orchestra as the featured solo instrument.

Ar

Community Presents Exhibitions

When: Oct. 6 to Nov. 14 Where: Pier 21

Leave Out ViolencE (LOVE), Nova Scotia-Cuba Association and the Vietnamese Association of Nova Scotia are featuring exhibitions at Pier 21. The Going Home exhibition is a collection of pho-tographs taken by youth and explores the idea of what home is, what it should be, and some of the struggles of finding a place to call home. Cuba Connections exhibition explores how elements of culture travel with people and are sustained and adapted to new environments. T Do Means Freedom: Vietnamese Boat People is a collection of personal stories, photographs and artifacts, documenting the mass departure of Vietnamese refugees after the fall of Saigon in 1975.

Film

Surf Film Festival

When: this weekend Where: Empire 8 Park Lane Cinemas

Six screenings of nine feature-length films plus a short film will be held at Empire 8 Park Lane Cinemas Sept. 30-Oct. 2.

Fallon and Timberlake rap goes viral

Jimmy Fallon and Justin Timberlake are the hottest duo in hip-hop — for the moment

They performed a medley of rap hits on Late Night With Jimmy Fallon Wednesday, and the clip is becoming a viral hit.

Fallon and Timberlake started off with Sugarhill Gang's classic Rapper's Delight and then performed jams from artists including the Beastie Boys, the Notorious B.I.G., Jay-Z and Eminem.

Fallon, 36, said he's surprised by the success of the skit. "We never know what's going to viral or get picked up, and this one's beyond what we thought it would do," he said Thursday.

THE ASSOCIATED PRESS

Thousand Suns shining

Linkin Park marry rap metal to psychedelia in new album • Record not just singles, lead singer says

The day after Linkin Park's latest album was released, its lead singer, Chester Bennington, logged on to iTunes to check some of the reviews. Though the responses weren't all positive, he liked what he read.

he liked what he read.
"This time around it's like they either love it and it's five-stars across the board or they hate the record so much that ... if they could they would throw it at us," Bennington said. "And I think that's

oreat "

While there's still heavy metal-fused hip-hop on A Thousand Suns, there's also psychedelic, instrumental moments that are a departure for the Los Angelesbased rap-rockers.

based rap-rockers.
Mike Shinoda says Suns is an album that "asks a lot of attention from people."

"It's more of a 48-minute experience than it is just a collection of singles," said Shinoda, the group's lead lyricist. "We really tried to

Talking politics

 One main artistic departure for the band on Suns is the use of political speeches. There are interludes that take from an interview with physi-

make an album that took you out of your head a little bit ... and we wanted to take people on this journey," Bennington added. "It's a musical drug type of thing."

cist J. Robert Oppenheimer regarding the Manhattan Project and another from Dr. Martin Luther King Jr.'s 1967 anti-war speech "Beyond Vietnam: A Time for Breaking Silence."

The new sound wasn't intentional for the guys. They say while creating 2007's Minutes to Midnight, they decided to head in a direction different

from their first two albums: The 2003 multiplatinum effort Meteora and their 10 million-selling debut, 2000's Hybrid Theory.

But before creating Suns, the six-member band got busy working on music for their video game Linkin Park Revenge, an app for iPhones. Rick Rubin, who co-produced the new album and also Minutes to Midnight, says making music for the game was the "ini-

tial thrust" for the band's

"It was interesting the way it came about because originally they didn't know that they were starting the album ... and it just like kind of took on a life of its own," Rubin said. "Then we talked about well maybe (if) this is the music that you're passionate about making, maybe this is where it's supposed to go."

THE ASSOCIATED PRESS



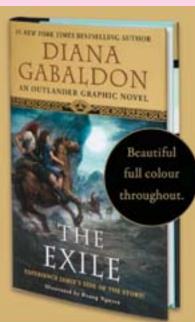


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POP GOES THE NORTH



veryone likes lists. Most lists are designed to keep things organized and on schedagain with The Top 100 Canadian Singles. "With the first book," he says, "I found that people with Bob when he says that Canada has, in general, not done a very good job documenting its music history. "Most pop histories are written with an American or British slant, so [our] stories haven't been repeated as much. I tried to get each musician to dig deep and give us a surprising story that will help you hear the

ers are intended to create debate and discussion. Lists that rank music on some kind of scale of "best-ness" fall firmly into the latter cat-

egory.
In 2007, CBC arts
reporter and music
columnist Bob Mercereau
created a national debate
with his book, The Top
100 Canadian Albums.
That list — topped by
Neil Young's Harvest —
was the result of a survey
of 600 DJs, record store
people, musicians and
music journalists (including me) from across the
country.

Now Bob's done it

were thrilled with an all-Canadian look at music. I don't know if it's so much a question of national pride as it is one of fond memories and personal connections to the music. People really reacted to the fact that this was their music, our music.

"I think the reaction to this one will be similar. Plus, this time the stories behind the songs are so fun. I think people will really enjoy reading how Bryan Adams came to write Summer of '69 [I KNEW itl-AC] or the true meaning of A Foot in Cold Water's (Make Me Do) Anything You Want."

Do) Anything You Want." I agree wholeheartedly in a while new light."

Looking though the rankings — I won't spoil anything for you here other than to say Neil Young, The Band nor Anne Murray finished at number one — you'll be amazed at the breadth and scope of our musical heritage. And you'll be surprised at how well (or how poorly) some well-known artists did. Leonard Cohen will feel more vindication over Hallelujah. Not that he needs it, of course.

Sadly, a couple of these songs are unavailable through iTunes or on CD. Can someone please fix that?

The Top 100 Canadian Singles by Bob Mercereau is available now through Goose Lane.

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The deep clean you need.

The sensitivity protection you expect.

*with regular brushing.

Top 20 Canadian singles

Debate is sure to follow the release of The Top 100 Canadian Singles, a book based on a survey of roughly 800 musicians, music critics and fans. A look at the Top 20:

1. Åmerican Woman/No Sugar Tonight, The Guess Who (RCA, 1970) 2. Heart of Gold, Neil Young (Reprise, 1972) 3. "The Weight, The Band (Capitol, 1968) 4. Summer of '69, Bryan

Adams (A&M, 1985)
5. Hallelujah, Leonard
Cohen (Columbia, 1984)
6. Born to be Wild, Steppenwolf (Dunhill, 1968)
7. If You Could Read My
Mind, Gordon Lightfoot
(Reprise, 1970)

(Reprise, 1970) 8. Takin' Care of Business, Bachman-Turner Overdrive (Mercury, 1974)

9. Four Strong Winds, Ian & Sylvia (Vanguard, 1963)



10. Snowbird, Anne Murray (Capitol, 1970)
11. Big Yellow Taxi, Joni Mitchell (Reprise, 1970)
12. Tom Sawyer, Rush (Mercury, 1981)
13. Try, Blue Rodeo (Risque Disque, 1987)
14. New Orleans is Sinking, The Tragically Hip (MCA, 1989)
15. The Wreck of the Edmund Fitzgerald, Gordon Lightfoot (Reprise, 1976)

16. Suzanne, Leonard Cohen (Columbia, 1967)
17. Life is a Highway,
Tom Cochrane (Capitol,
1991)
18. These Eyes, The
Guess Who (Nimbus 9,
1969)
19. Sundown, Gordon
Lightfoot (Reprise, 1974)
20. Underwhelmed,
Sloan (murderecords,
1992)

THE CANADIAN PRESS

Emo re-Invented

Album evokes pop-punk glory days of Arizona band Jimmy Eat World

Jimmy Eat World know not to let go of a good thing. Having spent the last couple of albums moving For their seventh studio album, Invented, Jimmy

producer Mark Trombino. "We have a really great history with Mark," says but Mark will invest himself like he wrote the song with whatever he's working on," Adkins says.

He gets really passionate about it and that's good.

We all know we're on the same side, to make a song the best it can



be."

Invented isn't about to raise the emo tag back from the dead, but it does evoke the band's pop punk glory days with charged choruses and sweeping arrangements.

Oddly enough though, it was born right when they embarked on a tenth anniversary tour of Clarity. "We were right in the middle of writing Invented," says Adkins. "The tour idea actually came from fans. Message board kids posting, 'You should do this!' It was fun. It's been a good ten years since we sat down and had that band meeting about the Clarity material, so it was interesting"



into a modern rock territory after sharing the responsibility of popularizing "emo," the Tempe, Arizona band have gone back to their roots.

Photo finish

Tom Adkins says that

while writing Invented he

chose the photography of

Cindy Sherman and Han-

started this writing exer-

cise where I was flipping

nah Starkey to inspire him. "Three years ago I Eat World reteamed with the man that helped them make both their 1999 classic, Clarity, and 2001's millionselling Bleed American:

through images of [theirs] and just writing everything I could that came to mind," he explains. "I'd go back to that writing and work on our own music. It just happened that 85 per cent of Invented was spawned from those writing sessions."

singer/
guitarist Jim
Adkins. "We basically cut our first official record with him.
Having that kind of history with him, you don't
waste your time explaining
where you're coming from
with an idea."

The band instantly reclicked with Trombino, and soon he began acting like their de facto fifth member. "It's a plus and also makes things a little bit harder,



Hilton's boy charged with hit and run act

Paris alleges couple was attacked by photographers while leaving

Paris Hilton and boyfriend Cy Waits had another rough night behind the wheel when Waits' allegedly ran over a photographer's foot while his car was swarmed by paparazzi, according to Radar Online.

Video of the incident shows the woman limping away as Waits asks if she is

After other paparazzi told him she is fine and that he should leave, Waits took off, with the photographers shouting, "Hit and run!" after him.

Waits was later detained by police and released with a citation.

According to Hilton's twitter stream, they were attacked by photographers while trying to leave the place.

"Lovely evening with friends and family ruined by aggressive paparazzi,' she tweeted out after the accident. "They are literally insane!"

Another report said Hilton's car knocked over the female photographer before they left the scene.

The photographer then called 911 herself, and was taken to hospital.

Waits later returned to

► Michael Lohan

Dad wants LiLo's cash

Michael Lohan thrilled by ex-wife Dina Lohan's bid to get a conservatorship over daughter Lindsay Lohan's finances and career, but he still wants in on the action when it comes to his daughter's dough, according to Hollyscoop.

'Since Ďina and manager Lou Taylor are going to try and be co-conservators, I had a choice of fighting it or petitioning for the purpose of appointing two conservators who don't have an interest in Lindsay's money but rather her as a person." OMETRO

to meet with the local police, who charged him with a hit and run.

Last month, he and Hilton were arrested in Las Vegas for driving under the influence and cocaine possession, respectively.

METRO





Talking points

Michael Douglas 'doing well'

HOW BORING IS THAT? WE **NEED SCANDAL** Catherine Zeta-Jones says husband Michael Douglas' cancer treatment is nearly done and he's "doing well," according to People magazine.
"He is holding up

with strength and dignity. He is about to finish his treatment and the doctors could not be happier," she says.

The actress was in her native Wales this week for a star-studded golf event hosted by Prince Charles.

"This has been on her calendar for months, and Michael in-sisted she go," a source

says.
"They are both golf lovers. This is important to Catherine and to Wales, so she made it a quick trip to be a part of the important night, and get right home.

METRO

Becks will give awav lawsuit proceeds

I GUESS SHE'S ALREADY GIVEN HIM ENOUGH If and when David Beckham wins his \$7.5 million lawsuit against Irma Nici, the prostitute who claims she slept with the soccer star, he's planning to donate the money to charity, according to the Daily Mail.

trieveď from this liar will help sick kids," a friend of

Celebrity tweets



Combs [Aiam-diddvl Dear Sleep, sorry

we haven't seen each other in a while...I've been busy.



Eva Longoria (A)EvaLonqoria] Do you want to

play poker with me on Saturday night?



Kirstie Alley [Akirstieallev] |

going to bring rooty toot toot back into the modern family vocabulary...right along with GEE and SWELL...and YA BIG PALOOKA



ham tells the newspaper. "David doesn't want a penny of this woman's

dirty money. But that doesn't mean some good can't come out of this.'

"Any cash re-Tiger's



Tiger Woods' porn star mistress shops sex tape

Devon James, one of Tiger Woods' mistresses, claims she has a sex tape featuring herself and the golf pro — and she's looking for buyers, according to Radar Online.

"The tape is 62 minutes long, and 37 minutes of it

is us having sex," she tells the Web site. "We are flying to Los Angeles to meet with Vivid about selling the tape. If Vivid won't pay enough, we're going to self-release the tape. It's going to be the bomb."

James is reportedly hop-

ing to get at least \$350,000 for the tape. She has been a constant thorn in his side since the sex scandal broke. She claims Woods fathered her nine-year-old son but has never had a DNA test to support her claim. • metro



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Immune systems The cold weather looming so eat plenty of citrus fruits such as

immune system.



Bestselling British children's food and nutrition author Annabel Karmel is well aware of the chaloranges to boost your

lenges faced by frustrated parents of kids who are difficult eaters — it's been part of her own experience as a mother.

Karmel said her son, Nicholas, was a very fussy eater. The little one wouldn't eat jarred foods, nor would he touch the bland purées Karmel whipped up from recipes she found in books.

Coping with a child unwilling to eat is stressful enough. But experiencing the heartbreaking loss of her first child only served to fuel Karmel's concerns.

Her daughter, Natasha, died at 13 weeks from a viral infection.

"I suppose I felt this vulnerability having lost a child with this child who wouldn't eat," Karmel said.

Karmel tapped into the passion for cooking and started trying out recipes

"I suppose I felt this vulnerability having lost a child with this child who wouldn't eat."

ANNABEL KARMEL

for Nicholas to eat, putting together things he liked — like apple — with things he hated - chick-

She started to give out recipes to other mothers in the playgroup she ran who also were having difficulties with their kids, and said her fellow moms encouraged her to write a book. Karmel saw doing so as a way to honour the legacy of Ňatasha.

Since the success of her first book, The Complete Baby and Toddler Meal Planner published in 1991, Karmel now has more than 20 to her name. She has been made a Member of the British Empire by the Queen for her work in the area of children's nutrition.

Getting it right

The book offers passages and photos addressing common questions and concerns about weaning, accompanied by food suggestions and recipes for children transitioning from purées to finger foods. The Cordon Bleu-trained chef, and mother to Nicholas, now 22, Lara, 20

and Scarlett, 18, said she wanted to focus on the first year of a child's life which she describes as the "most important year to be able to get it right."



Preparing meals for the most finicky of us

Kids' nutrition author Annabel Karmel dishes goods on weaning babies

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Figgy, piggy drumsticks

The pork ribs arrived in the CSA box. A quick dig through the fridge turned up a withering green tomato. An orange and the usual garlic and herbs sat a bit farther back.

"The way dishes come together in my head, they come together 90 per cent," says Melissa Clark, whose new book, In the Kitchen with a Good Appetite encourages playing with your food until it tastes good to you. "You say, 'This is what I have in the fridge, this is what I'm hungry for, this is what I bought."

This is called improvisation, and it scares a lot of people. But Clark swears anyone can do it. "You have to take that last 10 per cent and make it your own," she says. Here's how:

Focus on balance

Complexity comes from balancing sweet, salt, acid and pungent. Sweet can be sugar, honey, hoisin. Salt can be capers, pickles, anchovies. Acid equals vinegar or citrus. Pungent is your garlic and onions. Some ingredients do double duty, like Clark's orange, which provided both sweet and acid. Make sure each is represented in your dish and it's hard to screw up.

Grind, squeeze, dash

Cooking integrates flavours, but it also softens them. So be sure to re-season when the dish comes off the heat. That could mean a grind of salt; a squeeze of citrus or a smidge of zest; a dash of hot sauce, vinegar, vermouth; or another flavour you like to help brighten the dish.

Star slow

Can you scramble an egg? So scramble one — and add a little cheese. Or tarragon. Or chorizo. "Whatever you're confident making, make it and take it to the next level," Clark says. Just don't experiment 30 minutes before a dinner party.

Figgy, Piggy, Drumsticks and Thighs Preparation:

- Heat oven to 260 C (500 F). In a large ovenproof skillet over medium heat, cook bacon until crisp. Transfer bacon to a paper towel-lined plate to drain. Don't drain fat from skillet.
- Add garlic to skillet and saute for 1 minute or so, or until the slices are pale golden. Transfer garlic to plate along

Ingredients:

- 8 strips bacon (250 g/8 oz), halved
- 4 cloves garlic, thinly sliced
- 3 each of chicken legs, drumsticks and thighs
 - with bacon. Season chicken with salt and pepper.
- Increase heat under skillet to medium-high until fat begins to smoke. Add chicken and cook until browned, 5 to 6 minutes. Flip chicken and brown the other side, about 3 minutes.
- Scatter figs and thyme over chicken and transfer skillet to oven. Roast until chicken is cooked through, about 20 minutes.
- Transfer chicken to a serving platter. Stir vermouth and lemon juice

(about 1.15 kg/2 1/2 lb total)
• 5 ml (1 tsp) kosher salt

- Ground black pepper
- 11 or 12 fresh figs, halved or quartered if large
- 12 sprigs fresh thyme
- 30 ml (2 tbsp) vermouth
- 15 ml (1 tbsp) lemon juice

into skillet, scraping up any brown bits on the bottom (be careful when touching the skillet handle; it will be hot). Place skillet over medium heat until juices thicken, about 3 minutes.

Pour pan sauce over chicken, then garnish with bacon and garlic.

THE ASSOCIATED PRESS





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Thumbs down to multi-vits

In 1997, 35,329 women without cancer were enrolled in a Swedish study. They filled out a questionnaire that included information about whether or not they took multivitamins.

During almost 10 years of follow-up, 974 women developed breast cancer.

It turned out that multivitamin use was associated with a statistically significant increased risk of breast cancer.

"The thing about multivitamins is that women use them as a substitute for eating well," says Dr. Janice Wright. "I would rather you eat veggies,' she says. O CELIA MILNE

Thumbs up to fish oil: **U.S. study**

A similar study of 35,016 women conducted in Washington state found that women who take fish oil supplements have a lower risk of developing the most common type of breast cancer.

All participants were aged 50 to 76 and were healthy at the start of the study. They filled out questionnaires about their use of supplements.

After six years of followup, 880 women developed breast cancer. The risk of developing breast cancer turned out to be 32 per cent lower in women taking fish oil.

Omega-3 fatty acids DHA and EPA are known to reduce inflammation, and there is increasing evidence that cancer is related to inflammation.

Authors suggest that the best way to consume omega-3 fatty acids is by eating fish, rather than through supplements. CELIA MILNE



New breast cancer breakthroughs

▶ Leading experts say change is within our grasp ▶ Healthy lifestyle can be more powerful for recovery than chemo, radiation: Research shows



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"There's a revolution in cancer care," says Dr. Janice Wright, director of clinical services at Vancouver's InspireHealth — a cancer care centre that integrates research-based natural approaches with conventional cancer treatment such as chemo and radiation.

Evidence shows that a healthy lifestyle is a powerful force in a positive

breast cancer recovery.
Wright explains that most people think all the cells inside a tumour are tumour cells, yet new research reveals that up to 50 per cent of cells inside breast tumours are normal immune cells. These cells, called macrophages, either help the tumour grow or

help the body fight cancer. "We want do to everything we can to turn those macrophages on in healthy way," she says.

It is possible by our own behaviour to help move these cells into an anti-cancer role by following basic health behaviour: Eating a diet high in omega-3s and low in bad fats and refined sugar; exercising regular-ly; reducing stress; cutting down on caffeine; cooking with turmeric; drinking green tea once a day; and limiting alcohol intake.

Therapies such as exercise, yoga, proper diet and group discussion used to

be considered complementary. "Now we're seeing pa-tients living longer [as a result]," says Wright. New research shows

that the environment in which cancer cells grow has a greater impact on outcome or prognosis than chemotherapy or cancer cells themselves.

"The message is, there are many things you can do to support your immune system,' Wright.

The Statistics

There are many studies on integrated care in breast cancer and InspireHealth is capturing them. Go to.inspirehealth.ca/ research/database.

- Approximately 23, 200 Canadian women will be diagnosed with breast cancer in 2010.
- About 5, 300 women will die from the disease this vear.
- Breast cancer has become more of a chronic disease than a killer.

Decoding the breast cancer genome

In 2009, doctors at the University of British Columbia accomplished an amazing feat: They decoded all of the three-billion letters in the DNA sequence of a breast cancer tumour.

This research helps to unlock the secrets of how breast cancer grows and spreads. It was considered a landmark study, and was published in the presti-gious international journal, Nature.

Dr. Samuel Aparicio and

his team, using state-ofthe-art technology, studied patient's lobular metastatic breast cancer tumour over nine years.

They found 32 mutations in the metastatic tumour and then looked to see which ones were present in the original tumour.

Only five of the 32 were present in all the cells of the original tumour, so these five have been pinpointed as culprits in starting the cancer in the first



place - something never been done before.

This and other breakthroughs herald the era of customized treatments. Instead of treating all breast cancer tumours in the same way, doctors are now using treatments that curtail the action of enzymes that help an exact type of cancer to grow. Already, two customized therapies are available: Tamoxifen and Herceptin, with more in the pipeline. OMETRO

News in brief

Dense breasts = higher risk

STUDY. A 2007 Harvard University study points out several factors that put women at higher risk

for breast cancer.
For instance, the risk of developing breast cancer after menopause is 400 per cent higher in

women who have dense breast tissue, compared to women whose breast tissue is not dense.

While it's important for all women over 50 to have their breasts checked regularly, those with dense breasts should be watched very carefully.

Factors that may protect against breast cancer include having more pregnancies and breast feeding for longer periods. O CELIA MILNE

When Melissa Ethridge, two-time Grammy winner and multi-platinum recording artist, was diagnosed with breast cancer in 2004, her world crashed to a halt ◆ But she battled the disease with her trademark strength, courage and conviction and today, cancer-free, lives every moment to the fullest



MELISSA ETHERIDGE 'HAVING BREAST CANCER HAS TAUGHT ME NOT TO BE AFRAID OF ANYTHING'

Do you feel that your cancer is part of the past, or does it still affect you? It doesn't affect me physically anymore, but it affects the way I live my whole life today. The choices I make, the food I eat — everything is influenced by my breast cancer.

Did you ever worry that it would be the end of your career? No. I had already been through coming out as gay, and it didn't ruin my career. I just felt that I should keep doing my thing.

On the positive side, has breast cancer given you any creative impulses?

Everything I've ever done since being diagnosed with breast cancer has been influenced by it! You face the fear of your own mortality. When I was diagnosed, I started thinking more spiritually and emotionally, both in my personal life and as an artist. Having breast cancer has taught me not to be afraid of anything.

Women with breast cancer often get depressed about losing their hair, but you famously performed bald while undergoing chemotherapy. What made you do it? When I got the call saying I'd be performing at the Grammys, I thought to myself 'wait a minute, I'm bald!' I called some friends, and they all encouraged me to do it. I had thought it would feel a bit strange, but it didn't.

You've said you used and still use medical marijuana. How does it help you? The first step after you're diagnosed is that the doctors give you steroids, but that makes you constipated, so they give you another drug for that, but that drug has side effects, too. In the end, you're on five-six drugs and still feel miserable. I thought, there's this plant that gives no side effects except making you hungry, which is good. It makes you happy, too. Medical marijuana made a huge difference for me. I still use it for stress. Stress gives me

A survivor

Six years ago, Melissa Etheridge was diagnosed with breast cancer.

- 49 years old; born in Leavenworth, Kansas. Sings and plays guitar, piano, harmonica and mandolin.
- Breakthrough with 1993 album Yes I Am.
- Nominated for Grammy Award 15 times and won twice. Has also won an Academy Award.
- Recently split from partner Tammy Lynn Michaels.

heartburn and acid in my throat, whichmeans I couldn't perform unless I used medical marijuana.

METRO WORLD NEWS



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Stories of courage

Breast cancer has many faces Metro talks to four survivors

Kathy Howa

"The worst part is losing your hair."

"My mother and sister got cancer at 42, so I made sure to go for regular mammograms. Sure enough, when I was 42 the doctors discovered a lump in my breast.

I told the doctors they could take my breasts if they needed to, but in the end they only needed to remove the lumps. Still, I needed surgery, chemotherapy and radiation. Inevitably, I lost mv hair.

When you're diagnosed with breast cancer, you go through a depression, but the worst part was losing

When I looked at myself in the mirror, I looked sick. I used to have really long hair, past my butt. When I lost it, I tried to wear a wig, but it was so itchy that I stopped.

If you go for regular mammograms you can detect the cancer early and have very good chances of recovering. Listen to all the options the doctors give you, but don't be scared.

The only thing you should be scared of is not having a mammogram."

Jamie Currier

"My husband found a lump." "One day last year, my hus-

band and I were watching TV and saw a news program about self-examinations. My husband asked if he could do one on me, which I thought was amusing, especially since I was only 29. But he did, and he found a

I had a bilateral mastectomy. It was an incredibly difficult decision because I liked my breasts and didn't want to let them go. Before the operation. I arranged for a professional photographer to come and take photos of me so I'd be able to remember what I looked like before the cancer. I'm proud of myself that I had the courage to do that.

I thought having breast cancer would be easier than it turned out. The physical part was about what I expected, but the psychological part was harder.

People expect you to behave a certain way. Some expected me to cry all the time, while others thought I was too sad. My husband was incredibly supportive, but we had our struggles.

Fortunately he agreed to









go to therapy with me. Today, the tumour is gone and doctors tell me it only has a small chance of returning. I feel like a survivor.'

Angela Chester

"I mourn the loss of my breasts.

"One day while taking a shower, I felt something in my breast that wasn't supposed to be there. When I went to the doctor, he told me I had cancer. In a way, it was a relief that the knot was something — it wasn't just me being crazy.

I had chemotherapy, radiation and breast-reduction surgery. The doctors had to remove the tumour in my right breast, but they had to reduce my left breast, too, so it wouldn't look strange. I went from being a DD-cup to being a B-cup. I'm happy to be alive, but I do mourn the loss of my breasts. It's my skin and tissue, but this isn't the way God made

My surgery was in No-

vember last year. People sobbed as if I'd died. I think it made them think about their own mortality. My husband kept telling me 'We're in this together. I won't leave you.' Many breast cancer patients worry about their husbands leaving them. Having breast cancer has changed my world. I've learned just to look two to three days ahead. And I've learned not to worry about things I can't change. These days I don't get angry when I'm stuck in traf-fic."

Allison Briggs

You're not alone."

"I found a lump and went to the doctor. The doctor told me it was probably cancer, but I delayed getting a biopsy. This was five years ago. I was only 25 and it didn't make sense to me that I'd have cancer. Then I discovered another lump. I had chemotherapy, and the doctors advised me to have both of my breasts

removed.

That was a really, really, really hard decision for me. For the first year I wasn't too upset, but when I started dating again it became much harder. Fortunately, when I met my boyfriend, who's now my fiancé, he said 'Ali, it's not a big deal.' Having lost my breasts still affects me, but now I've accepted that it's part of who I

When I got cancer my sister, who was living with her boyfriend, simply got on a plane and moved in with me. She took care of me, cooked for me and took me for walks. More importantly, she came with me to every medical appointment and spoke on my behalf when I was too emotional to talk.

As a young breast cancer patient you feel alone, because you feel that your peers don't relate to you. But you're not alone. One thing I want to tell people is that early detection is a matter of life and death."

O METRO WORLD NEWS

Breast cancer hits men too

• Many men don't know the symptoms • Male breast cancer is less common, but survival rates are lower



One day last year, Michael Johnston discovered a lump under his skin. He promptly went to the doctor, who told Johnson he had breast cancer.

"My wife and my daughter asked why I didn't get testicular cancer like other men," recalls Johnston, 55. "I said 'would you rather have me without breasts or without balls?"

Johnston is an unusual case: Women get breast cancer 100 times more often than men.

"Many men don't realize they can get breast cancer, so they ignore the lump in their chest," explains Dr. Sharon Giordano, a Professor of Medicine at the University of Texas MD Anderson Cancer Center. "When they finally go to see the doctor, the tumour has spread."

Six years ago, Giordano conducted the world's largest study on male breast cancer. "A lot of men are uncomfortable talking about breast cancer diagnosis because it's seen as a women's disease. It doesn't help that breast cancer clinics are pink and the rooms are named after flowers."

DR. BETH OVERMOYER

Men with a family history of breast cancer run a higher risk of getting the disease as do men who've been exposed to radiation.

"Men have breast tissue similar to women's", explains Dr. Beth Overmoyer, Johnston's physician at the Dana-Farber Cancer Institute in Boston. "Usually they can feel the tumour."

It may be a lump under the nipple, a sore on the chest, or liquid leaking from the nipple.

If the tumor is diagnosed before it has spread, treatment methods used for women — radiation, mastectomy, chemotherapy, and hormone treatment — are very effective.

Now, a year after receiving his diagnosis, Michael Johnston has fully recovered.

"I've never looked at my disease and thought 'Breast cancer, how embarrassing'," he says. "But I can empathize with what women go through. I didn't have to face the emotional burden of losing my breasts."

METRO WORLD NEWS

Male vs. cancer



- The ratio of men dying from breast cancer is higher than the ratio among women, but that's because men usually get the disease later in life.
- The vast majority of male breast cancer patients are between 60 and 70 years old





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Hockey news

Brad Marchand

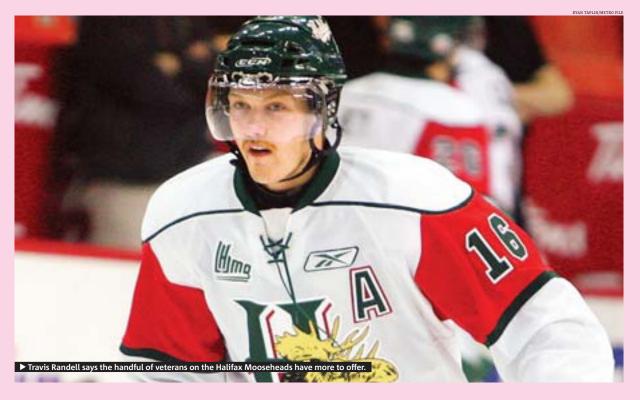
The Hammonds Plains native is in a battle with free-agent tryout Brian McGrattan for the final forward spot with the Boston Bruins, according to the Boston Globe. He appeared in 21 NHL games last season.





Ben Duffy
The P.E.I. Rocket forward from Lower
Sackville is off to a
good start in what
he hopes is a
bounce-back year.
He has seven points
in seven games and
visits the Metro Centre to play the Halifax Mooseheads on
Sunday at 2 p.m.





Herd needs more from older members

Mooseheads can't afford to have a repeat of Sunday's veteran letdown
 Beginning Friday, club to play at Metro Centre for its next six games



No goals. One shot. Minus-3. Six goals allowed on 17 shots.

Those certainly aren't the kinds of statistics the Halifax Mooseheads can afford to get from their 19and 20-year-olds, but those were the combined efforts of the club's five most senior players in Sunday's 9-2 meltdown versus the Ri-

Mooseheads head coach and general manager Cam Russell wasted no time pointing the finger at his veterans after the game.

"He let us know it was definitely a disappointment," said 19-year-old forward Travis Randell.

"Obviously, as older guys, we should be better leaders on the team. We're going through a little

"We had flashes where we worked hard, but we didn't work very smart and got away from our systems."

MOOSEHEADS FORWARD TRAVIS RANDELL, ON LAST WEEKEND'S ROAD TRIP TO QUEBEC

slump right now and we need to provide leadership and that much-needed offence" The Mooseheads are home for their next six games and are looking for more meaningful contributions from Randell, 19-year-old goalie Mathieu Corbeil, and 20-year-olds Gerrad Grant, Charles Bety and Pascal Amyot as they attempt to shake off a three grane looing extrails.

three-game losing streak.
As Russell pointed out on Sunday, the club's 16-and 17-year-olds have been the club's better players.

Metro coverage

➤ The Mooseheads, 2-6, host the Saint John Sea Dogs on Friday at 7 p.m. and the P.E.I. Rocket on Sunday at 2 p.m. For coverage, visit www.metronews.ca/qfiles or follow @metroqfiles on Twitter.

"We need more of a battle mentality out there, to push each other and make each other better every day," Randell said. "Hopefully we can turn things around this weekend."

Stienburg wants attitude adjustment for Huskies

Trevor Stienburg is the first to admit he hasn't been a pleasant guy to be around this week.

The Saint Mary's Huskies men's hockey head coach has been stewing since his club was unceremoniously demolished 10-3 by the New Brunswick Varsity Reds in pre-season play last Saturday.

play last Saturday.
Stienburg, in his 14th
season as head coach,
called the loss a "reality
pill" and he's having a

"It was the longest God damn three hours of my life, and it's been the longest week, too." HUSKIES COACH TREVOR

HUSKIES COACH TREVOR STIENBURG, REFLECTING ON HIS CLUB'S 10-3 PRE-SEASON LOSS TO THE V-REDS LAST SATURDAY

hard time swallowing it.

"It was the longest three hours of my life, and it's been the longest week,



too," Stienburg said. "We got embarrassed all over the ice"

Although the regular season doesn't start until Oct. 16, it certainly wasn't the kind of tone the Huskies wanted to set after winning their first national title in March in Thunder Bay, Ont.

"They think they can just win games by stepping on the ice," Stienburg said of his club. "We're going through an attitude adjustment on the ice this week in practice and it's not a pleasant place to be."

The V-Reds, meanwhile, enjoyed record-setting success last season before a playoff flop that shocked the country. But they appear to be back with a vengeance.

"Other teams should take note," Stienburg said. "UNB is for real and they have no qualms about crushing any opponent."

MATTHEW WUEST

Young Huskies still learning the ropes

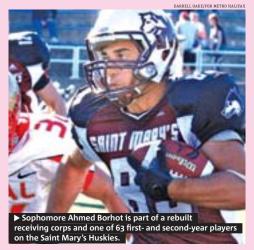
▶ Huskies host Axemen on Friday ▶ SMU still searching for 1st win



The Saint Mary's Huskies' youth has taken a little bit longer to find its legs than head coach Steve Sumarah hoped.

The Huskies, who have 63 players on their 86-man roster who are either freshmen or sophomores, are still looking for their first win as they enter their fourth game of the Atlantic University Sport football season on Friday at 7 p.m. at Huskies Stadium.

"I think these guys are still figuring out how to win," Sumarah said. "We've rebuilt an offensive line, we've rebuilt our receiving corps, we have a new quarterback, and defensively, we've rebuilt our secondary. I think they're



good changes, but it just takes time.

"Hopefully that time is sooner rather than later." Although they're technically last in the AUS, it would be premature to call the season a disaster. Three of the four AUS teams qualify for the play-

Standings

AUS											
	W	L	F	Α	Р						
ACADIA	2	1	57	49	4						
MOUNT ALLISON	2	1	52	71	4						
ST. F.X.	0	3	27	70	0						
SAINT MARY'S	0	3	35	85	0						

FRIDAY'S GAME
Acadia at Saint Mary's, 7 p.m.

SATURDAY'S GAME

Mount Allison at St. F.X., 2 p.m. (East-

offs and the St. Francis Xavier X-Men are also off to a 0-3 start.

A win on Friday would be a good place for the Huskies to start.

"We can't just give up," Sumarah said. "We have to keep plugging away, and I have confidence in this group of guys that they're going to turn it around."

Sports in brief

NSSBL Game 4 postponed again

BASEBALL. Game 4 of the Nova Scotia Senior Baseball League final between the Halifax Pelham Molson Canadians and Dartmouth Moosehead Dry will be played on Monday at 7:30 p.m. at Mainland Common.

It was postponed because of fog on Thursday for the third straight night. Dartmouth leads the best-of-seven series 2-1

METRO HALIFAX

King Felix done for year

BASEBALL. Seattle Mariners general manager Jack Zduriencik says Felix Hernandez will not start on Sunday in the regular-season finale against Oakland.

"It's tough because you know how competitive he is," Zduriencik said

"He wants to pitch. He certainly earned a right to pitch, but I asked him to respect our decision. This is something that he has to understand that it's in his long-term best interest, the organization's best inter-

THE ASSOCIATED PRESS

Revis won't play Sunday

NFL. Darrelle Revis will miss the New York Jets' game at Buffalo on Sunday, sitting out a second straight game while he recovers from a strained left hamstring.

THE ASSOCIATED PRESS



Sabres overpower Canadiens

Luke Adam scored two of Buffalo's three second-period goals as the Sabres edged the Montreal Canadiens 5-3 in NHL pre-season action Thursday night.

The Sabres scored three times with the man advantage, while the Canadiens power play failed to score for their third-straight game bringing their pre-season total to a paltry 3for-37.

Tim Connolly, Thomas Vanek and Drew Schiestel added goals for the Sabres. Mathieu Darche, Ryan O'Byrne and Tom Pyatt scored for Montreal. THE CANADIAN PRESS

Contador blames bad meat for test

Three-time Tour de France champion Alberto Contador blamed contaminated meat Thursday for his positive doping test during this year's race, the latest blow to a sport battered by drug scandals.

The Spanish rider has been provisionally suspended after a World Anti-Doping Agency lab in Germany found a "very small concentration" of the banned substance clenbuterol in his urine sample on July 21 at the Tour, according to a statement from cycling governing body UCI.

"It is a clear case of food contamination," Contador told a news conference in his hometown near Madrid.

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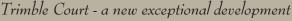
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Crossword

15

18

50

1 St. Bernard's burden 4 100 lbs. 7 Ring boundaries 12 "That's a laugh!" 13 Rowing need 14 Perfect 15 Khan title 16 Popular pie 18 Barbie's companior 19 Large amounts 20 Baghdad's land 22 Before 23 Seethe 27 Performance 29 Monarchs 31 Trattoria fare 34 Off the payroll 35 Gofer's task 37 Witticism 38 "Dead Poets Society" director Peter 39 Hearty brew 41 Region 45 Coral ring 47 Neither mate 48 Linda Ronstadt hit

52 With 28-Down. jalopy 53 "Mr. Television" 54 Pundit Coulter 55 Fool 56 — Major (Dog Star's constellation) 57 Top 58 Favorite 1 Uniform material 2 Rarin' to go

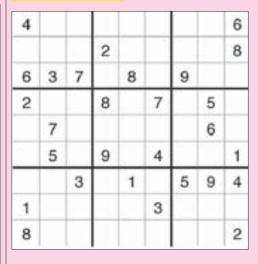
3 Accra's country 4 Corn holders 5 Billfold 6 More authentic 7 Barbecue entree 8 Rhyming tribute 11 Crafty 17 Basin acces-sory 21 Persian Gulf nation 23 Bombard 24 "— the fields we go" 25 Rage 26 One way to change your mind? 28 See 52-Across 30 Venusian vehicle? 31 Churchgoer's seat 32 Exist 33 — Lanka

38 46 9 Apiece 36 Information 37 Christopher of "Law 10 Listener & Order: SVU" 40 Faithful

16

► Yesterday's answer

Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

22"/12"

			-	- 0	-	-	- 60	
3	4	8	ŝ	2	1	ŏ	7	9
2	6	5	7	9	4	8	+	3
4	5	2	9		3	1	6	7
6	1	3	2	4	7	5	9	8
7	8	9	1	0	5	2	3	4
1	3	7	4	5	6	9	.0	2
5	2	0		7	-	3	4	1
В	9	4	3	1	2	7	5	8

Saturday

20'/9

Showers

0 7 1 6 3 6 4 2 5

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Rikki bear, you have been the most wonderful boyfriend and I love you with all my heart. You are my angel thank you for everything and standing by my side. I'll always have a special place in my heart for you snucums! P.S. Nice bum where you from? :) XOXO DEL

Chalky, I don't know how I would get through each day without you. You're beautiful, kind, funny and caring I'm so glad you came into my life.

-YOUR BURGER KING

TO my one and Only Mr.Estrella Rivera, you are the best thing that has brought me so much happiness. Your mi sapo azul, and its all i ever wanted. your an amazing PERSON and you dont even know it. I will always love each and everyday. MUAH! FROM TU ESPOSA

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CThe Weather Network 2010



Today

Today's horoscope

T Aries March 21-April 20 If someone criticizes you for no good reason today you must defend yourself vigorously. Besides, you are well aware what your faults and failings are, you don't need some know-itall pointing out the obvious to

¥ Taurus April 21-May 21 The more you commit yourself today the more likely it is you will enjoy a carefree weekend.

II Gemini May 22-June 21 Someone in a position of authority will try to persuade you to change the way you do things today, and you must re-

Gancer June 22-July 22 Your ability to see emotional con-

sist with all your might.

flicts from both sides will help defuse a potentially explosive situation today. Because you have no personal stake in the affair others will trust you to

42 Available

44 Physicist Mach

46 Ilsa's maiden name.

45 Vigoda and

in "Casablanca" 48 English channel?

50 Grecian vessel

51 Yale student

49 Meadow

43 Din

Burrows

Ω Leo July 23-Aug.23 If you are on the move today you would be wise to think ahead and make allowances for unexpected delays. If you leave anything to chance you are likely to find yourself arriving late for a date

MP Virgo Aug. 24- Sept. 22 What happens today will ease your fears about your money situation. A windfall is possible but more likely you will realize that the amount of cash in your pocket isn't that important. It certainly isn't more im-

For today's crossword answers and for expanded horoscopes, go to metronews.ca

portant than love.

← Libra Sept. 23-Oct. 23 Today's Sun-Saturn union will limit your options and force you to follow a single path to your goal, and that's good.

M Scorpio Oct. 24-Nov. 22 If your sixth sense tells you that the information you have received from a friend or work colleague cannot be trusted then you would be wise to ig-

Nov. 23-Dec. 21 You may not be much in the mood for social activities today but that's okay. You have a great deal on your mind at the moment and you won't be back to your old self until you have dealt with it all.

り Capricorn Dec. 22-Jan. 20 Now is the time to make your move on the work front. Now is the time to impress employers and other important people with your ideas and talents.

~~ Aquarius Jan. 21-Feb. 18 Generally speaking you have never been one to live by rules and regulations, but with Saturn so strong in your chart at the moment it might be wise not to be quite such a rebel.

)-(Pisces Feb. 19-March 20 If you are a typical Pisces you don't much care for materialistic values but today you must look out for the dollars and cents. If you're wasteful you'll regret it later on in the month. SALLY BROMPTON



You WIN! write it! Write a funny cap

tion for the image to the right and send it to plav@metronews.ca the winning caption will be published in tomorrow's





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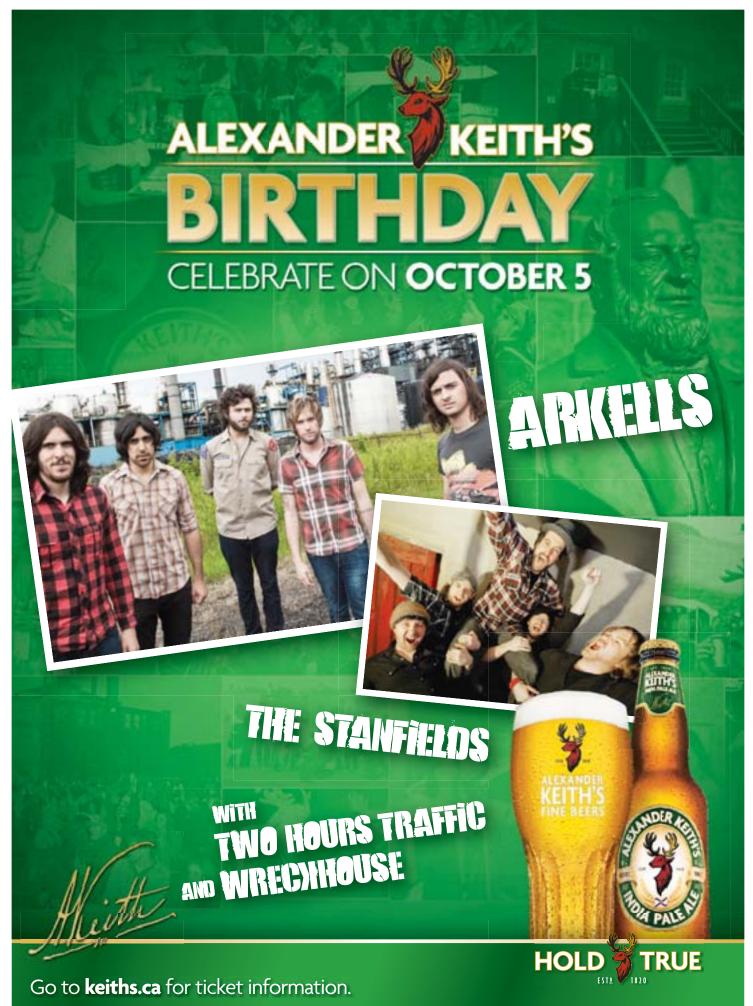
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